

KENYON • WANAMINGO Messenger

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NOVEMBER 6, 2024

Volume 17 • Issue 16

Announcements

• All are welcome to breakfast, fellowship, bible study, and prayer time every Saturday morning at Hauge Lutheran Church in Kenyon. Breakfast and fellowship start at 8:00 am. Followed by a verse by verse bible study. Finishing with prayer time at 10:00 am. All are welcome (men, women, and children) each Saturday morning!! Any questions, please contact Loren Bauer: 507-450-6623.

• **Three Rivers Community Action is currently accepting new Meals On Wheels clients in the communities of Zumbrota, Mazeppa, Goodhue, Pine Island, Kenyon and Wanamingo.** Receive a hot meal delivered to your home by a volunteer at lunch time up to 5 days per week. To qualify you must be 60 or older, live within city limits, have limited mobility and/or are unable to prepare nutritious meals. The suggested donation is \$5-\$10 per meal. For more information on how to sign up for meals or to be a volunteer driver, please contact Dana Bergner at 507-421-6067 or dbergner@three-riverscap.org

• **Hiawathaland Transit:** Service hours are 7:30am-4:30pm Monday through Friday. Call dispatch at 866-623-7505 Monday through Friday 6am-9pm and Saturday 7:00am-5:00pm. Visit three-riverscap.org for more information.

• **Wanamingo Veterans Honor Guard invite you to become a member.** Join us and help us make the Wanamingo Veterans Honor Guard an even bigger success. WVHG meets the third Tuesday of each month at the Wanamingo Community Center. The VFW will meet from 7-7:30p.m. The Honor Guard will meet from 7:30-8:30p.m. For more information contact Eric Dierks 507-321-1967, Gary Floan at 507-732-7740, or Larry Van De Walker at 507-421-4674.

Do you have an announcement?
Email: hometownmessenger@gmail.com

FINALLY! Cuisine Worthy of that Beautiful 1900's Building in Kenyon

By Ashley McGuire

Listen, Cahill Bistro & Bar in Kenyon. Breakfast. In particular: The Eggs Benedict with the green sauce, the paneer cheese and sweet potato cake and the Breakfast Steak

Pancakes, Anyone?

By Cheri Roshon

On Saturday, November 9th, from 7am to 9am, the Wanamingo Veterans Honor Guard and Wanamingo VFW will host their annual fundraiser, a benefit breakfast at the Wanamingo Community Center.



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was incredible.

Also, the Shrimp Taco, the Mexican Tres Leche Cake, the flourless chocolate torte, and the Ecuadorian Flan.

You'll thank me. I promise.

The food was bold and delicious, super fresh and great quality. Every bite was a flavor adventure. Even the ketchup I asked for tasted "extra good". The chocolate was "much muchier" than most. I don't know how they're making it, but it was stunning.

Cahill's is a sensation. I am so grateful I was able to go. Cannot wait to return. I highly recommend it!

Owner Christian Pino has developed an outstanding menu.

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Boy Scout Olympics

By Cheri Roshon

On September 27th and 28th of this year, members of Wanamingo Troop 76, chartered by Wanamingo Lutheran Church, attended the 2024 Gamehaven Council Fall Camporee at Gamehaven Scout Reservation.

(continued on page 5)

Pictured to the left: Left to right - Aiden Vadner, Alex Vadner, Jacob Coffey and Joe Coffey, Jr

What is the Endowment Fund?

By Cheri Roshon

As the Spirit of Giving is upon us during the holiday season, thoughts turn to "How can I help?" We see the Salvation Army volunteers ringing bells, we see cash donations go in the bucket. We are asked to give to places like the Humane Society to help feed the animals in the shelters. In this day and age, there are a lot of needs, so it is hard to know where to donate when we have a few extra dollars.



(continued on page 23)

CRAFT SALE

51st Annual 100 Ladies and Gentlemen Craft Sale 2024

October 17, 18, 19, 20, 24, 25, 26, 27, 31
November 1, 2, 3, 7, 8, 9, 10

10a.m. to 7p.m./Closing at 5p.m. last day • (507) 789-6223

Curt & Marlene Morrow Residence
45986 Hwy. 56, Kenyon, MN 55946

Join the Fun!
Vote for your
Favorite
Scarecrow!

RESTOCKED DAILY!

FREE Admittance

Join Us On Facebook
Morrow's Gifts

Handcrafted
in the
USA

Join Us for a Traditional Thanksgiving Dinner

Thursday, November 28 • Serving 10:30 a.m.-3:00 p.m.

(Final seating 3:00 p.m. • Bar open until 4:30 p.m.)

Serving Turkey or Ham, Mashed Potatoes, Stuffing,
Cranberries, Vegetable, and Choice of Salad & Dessert

~ Appetizers Available ~

\$24.99 per person • Kids 12 & under \$9.99, Kids 4 & under Free

RESERVATIONS STRONGLY SUGGESTED: CALL 507-645-9992

37540 Goodhue Avenue, Dennison, MN
Hours: Wed. & Thurs. 11:00AM-8:30PM; Fri. & Sat. 11:00AM-9:30PM; Sun. 9:00AM-8:00PM
Bar Open Later

www.firesidelounge.net

Pastors Corner

By Pastor Larry Grove,
Hauge Lutheran Church, Kenyon

November is finally here and that means an end to the flood of text messages and campaign ads that have inundated us for the past six months. Why is it that time flies by so quickly until an election is taking place, and then it seems to hit a snail's pace.

Regardless of the outcome, it is my prayer that our country could refrain from the divisive rhetoric and we could find common ground and work toward the restoration of the republic.

Many people are perplexed over the fractured state of our government and the constant vitriol that permeates the dialogue of our leaders instead of coming together to find answers. I have fallen into the camp of bewilderment myself. I want so desperately to see our nation unified and striving for the excellence that has always our benchmark.

This past week I listened to a conversation between Eric Metaxas and John Bevere. Upon hearing this exchange it became clear to me that the difficulty we are experiencing as a nation is due to the fact that we have lost the 'fear of God'. Isaiah 33:6 says, "He will be the sure foundation for your times, a rich store of salvation and wisdom and knowledge; the fear of the Lord is the key to this treasure."

The fear that is referenced here is not terror or trepidation. It is a holy reverence and awe that we should have. The fear of God will keep us from wrongdoing and a desire to strive for holiness.

Paul exhorts the believers in Philippi as he writes in Philippians 2 verse 12, "Therefore, my dear friends, as you have always obeyed—not only in my presence, but now much more in my absence—continue to work out your salvation with fear and trembling."

Intimacy with God requires work on our part. Hebrews 12 verses 1 and 2 tell us that the world entangles us with sin and hinders us from having intimacy with God. We are told to throw off that sin and run the race set

before us fixing our eyes on Jesus. It is not a sprint. It is a marathon and we must run with perseverance. The fear of God (awe and reverence) can secure that intimacy.

Psalm 25:14 speaks about the rewards for those that fear the Lord.

"The friendship of the Lord is for those who fear him, and he makes known to them his covenant."

Paul penned these words in 2 Corinthians 6:16-7:1. "What agreement is there between

the temple of God and idols? For we are the temple of the living God. As God has said: "I will live with them and walk among them, and I will be their God, and they will be my people." Therefore, "Come out from them and be separate, says the Lord. Touch no unclean thing, and I will receive you." And, "I will be a Father to you, and you will be my sons and daughters, says the Lord Almighty.""

(continued on page 3)

DENNISON/VANG LUTHERAN PARISH

Pastor Paul A. Graham
(C) 507-269-5997 • Office: 507-645-6042
P.O. Box 117, Dennison, MN 55018
Website: www.dennisonvang.org
You can join us for Worship online at
<https://www.facebook.com/groups/167136242800>

TRINITY LUTHERAN CHURCH

301 2nd Avenue, Wanamingo • 824-2155
November 10: 9:00a.m. Sunday School and Sacred Space at WLC;
10:00a.m. Worship with Noisy Offering at WLC;
5:30p.m. WTLC Youth at Parsonage
November 13:
Confirmation Class 5:00-6:30p.m.
7th & 8th Grade
November 17: 9:00a.m. Sunday School and Sacred Space at WLC;
10:00a.m. Worship with Holy Communion at WLC; Potluck to follow Worship
November 20: Confirmation Class 5:00-6:30p.m.
7th & 8th Grade
November 24: 9:00a.m. Sunday School and Sacred Space; 10:00a.m. Worship at WLC
November 27: 7:00p.m. Worship at WLC;
*No Confirmation Class
November 28: HAPPY THANKSGIVING!

WANAMINGO LUTHERAN CHURCH, ELCA

130 West 3rd St., Wanamingo • 824-2457
www.TrinityWanamingo.org
November 10: 9:00a.m. Sunday School and Sacred Space; 10:00a.m. Worship with Noisy Offering;
5:30p.m. WTLC Youth at Parsonage
November 13: Confirmation Class 5:00-6:30p.m.
7th & 8th Grade
November 14: 2:00p.m. WELCA Bible Study
November 17: 9:00a.m. Sunday School and Sacred Space; 10:00a.m. Worship with Holy Communion;
Potluck to follow Worship
November 20: Confirmation Class 5:00-6:30p.m.
7th & 8th Grade
November 24: 9:00a.m. Sunday School and Sacred Space; 10:00a.m. Worship
November 27: 7:00p.m. Worship;
*No Confirmation Class
November 28: HAPPY THANKSGIVING!

ASPELUND EMMANUEL LUTHERAN

Rob Edwards, Pastor
429 County 1 Blvd, Kenyon • 507-824-2307
www.emmanuelaflc.org
9:00a.m. Sunday School;
10:00a.m. Coffee Time
10:30a.m. Worship Service

FIRST EV. LUTHERAN

D.J. Chatelaine, Pastor
309 Forest Street, Kenyon • 507-789-5261
website: fickenyon.org
Sunday Worship 9 a.m.;
Noon-1:00p.m. Open Prayer Time,
1st Tuesday each month

GOL LUTHERAN

Joe Jorgensen, Pastor • 507-838-2100
Sunday Worship 8:30a.m. Sept.-Dec.

AREA CHURCH DIRECTORY

Singing Our Gratitude to God

Be filled with the Spirit, speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord. . . .

— Ephesians 5:18-19

When we are filled with the Holy Spirit, we begin to notice the fruit of the Spirit in ourselves. One of the Spirit's fruits is joy—a deep sense of contentment and gratitude in all things, even when life's circumstances are difficult. The early church had a rich practice of rejoicing through song: Paul indicates that they sang psalms, hymns, and spiritual songs to the Lord with all their hearts.

What kinds of songs do you sing in your congregation? Psalms? Hymns? Songs from the Spirit? Why do you do this? And how does it affect your faith and life?

In singing, we express our gratitude to God for his great deeds, and we receive God's grace and edification in return. We bring God an offering of praise, but at the same time we hear him speaking to us and encouraging us. One could even say that singing praises to God can function similarly to prayer. Like prayer, singing can both support our individual faith formation as well as our corporate worship and fellowship with one another. When we sing together about the goodness and grace of our triune God, we grow in connection as a body of believers.

How does singing help you to express your gratitude to God? What psalm, hymn, or spiritual song has been particularly formative in your faith?

Holy Spirit, fill me with joy, that I may sing songs of praise today. Let everything that has breath join me in praising the Lord! Amen.

GOSPEL OF LIFE FAMILY CHURCH

Pastor Steven G. Roberts
www.gospeloflifechurch.org
2010 Jefferson Rd, Northfield - Sunday 10:30a.m.
507-259-2644
Wanamingo - Wednesday 7:00p.m.

ST. JOHN'S UNITED CHURCH OF CHRIST

Lora Sturm, Pastor • 507-330-0025
www.stjohnsunitedchurchofchrist.info
19086 Jacob Avenue, Faribault
Sunday School 9:30a.m.; Worship 10:30a.m.

GRACE LUTHERAN CHURCH, NERSTRAND

Mike Ahrens S.A.M.
Service 9am. Coffee hour follows @ 10 am
Sunday School 10:15 am

HAUGE LUTHERAN

Larry Grove, Pastor • 507-271-9761
302 Bullis Street, Kenyon
Sunday Worship 10:00a.m.
with lunch following

LANDS LUTHERAN CHURCH, ELCA

David Krinke, Pastor
16640 Hwy. 60 Blvd.
www.landslutheran.com
Wednesday 6:15 p.m.
Sunday 8:15 & 10:30 a.m. at Everson Park

STORDAHL LUTHERAN CHURCH, ELCA

Pastor Kathleen Lowery
15049 Cty. 12 Blvd., Zumbrota • 732-5711
Sundays 10:30 a.m. Worship

HOLDEN/DALE

Pastor Dustin Haider • 507-789-6677
Email: holdendalesecretary@gmail.com
Worship schedule found at:
www.holdenlutheranchurch.org
Holden/Dale Facebook

MOLAND CHURCH

507-456-4242
Sunday Worship 10:00a.m.

NERSTRAND UNITED METHODIST CHURCH

Gary Liker, Pastor
12 Maple Street • 507-330-0025
Worship 9:00 a.m.

UNITED METHODIST CHURCH

Reverend Daren Flink
429 4th Street, Kenyon • 507-951-1271
Worship 9:30 a.m.

ST. MICHAEL'S CATHOLIC CHURCH

Father Cory Rohlfing
Deacon Newell McGee
108 Bullis St., Kenyon
Sunday Mass 8:00a.m.
Wednesday Mass 5:00p.m.

NEW LIFE CHURCH

525 Beverly St., Wanamingo
507-824-3019
10am Worship Service
office@nlcwanamingo.org
Website with online services which are live at 10:00a.m. or can be viewed at anytime:
<https://nlcwanamingo.org/>



Mainstreet Publishing Minnesota, Inc.

P.O. Box 125

Dennison, MN 55018

Phone/Text 507-645-3327

Fax 507-645-9878

www.kenyonmn.net

www.wanamingomn.com

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hometownmessenger@gmail.com

Published in cooperation with
Mainstreet Publishing Minnesota, Inc.
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Joan Paulson

Joan Paulson, a beloved wife, mother, grandmother and great-grandmother, passed away peacefully on October 27, 2024 at the age of 85. She was born on February 28, 1939 in Cheyenne Wells, CO.

She was the eldest of five children born to Wally and Josephine Bruce and raised in Haxtun, CO with her siblings John, Barb, Carol and Bob. After graduating from Haxtun High School in 1957, she attended the Kahler School of Nursing in Rochester, MN where she earned her RN. Next she attended the University of Colorado in Boulder, CO where she earned her bachelor's and master's degrees in nursing. She moved back to Minnesota to become a nursing instructor at Rochester Community College (RCC) and later at RCTC.

Joan and Delano Paulson were married at the Free Church in Rochester on December 27, 1968. Joan was married to her loving husband, Del, for over 55 years and they had 6 children, 14 grandchildren, 24 great-grandchildren and 2 great-great-grandchildren. They raised their family in their country home near Dodge Center, MN. Her family was her pride and joy. She loved to cheer her kids and grandkids on in their various interests and activities.

Joan's faith in Jesus Christ defined her life. She passionately prayed for her family, her church and community. She faithfully studied the Bible and asked God for His grace to be a faithful servant. Throughout her life she served in her local churches of First Baptist Church (now Faith Community Church) in West Concord and New Life Church in Wanamingo. She also served as a member of the Gideon's International Auxiliary. She touched the lives of all who knew her, and her legacy of love and service will live on in our hearts.

Her hobbies and interests were diverse as she had an active mind. In addition to her Bible studies, she typically read multiple books at once. She loved to travel with Del to learn about new places and cultures. Music

MomCo

(Formerly known as MOPS)

Mom's & Children's Programs
(nursery provided)

Faith Community Church, West Concord

Meets 1st and 3rd
Friday of each month
from 9:30am to 11:00am
during school year

CONTACT: Cindy Breederland 507-272-2600
or Louise Severud 623-645-3813.



was a passion of hers as she enjoyed singing in the church choir and playing piano. She played clarinet in her high school and in the University of Colorado pep band. The West Concord Historical Society was a place she enjoyed volunteering because she loved history as well as researching and updating family genealogies. She created many special memories for her family with delicious food and fun activities during holidays and special events including celebrating her Swedish heritage and traditions. The West Concord Study Club and the Investment Club allowed her to learn new ideas and share with friends over several decades. Her home state of Colorado held a special place in her heart along with the many family members who she would visit there and on their visits to Minnesota.

She was preceded in death by infant son Timothy Paulson; parents Wallace and Josephine Bruce; brother John (Marilyn) Bruce; and sister Carol (Dick) Loftis.

She is survived by her husband, Delano Paulson of Kasson, MN; her children Brad (Susan) Paulson of West Concord, MN; Sonja (Gary) Cowles of Staples, MN; Glenda (Dave) Andrews of West Concord, MN; Lance (Kristen) Paulson of Chaska, MN; and Bruce (Kathy) Paulson of Woodbury, MN; sister Barbara (Mac) Brown of Holyoke, CO; and brother Bob (Karolyn) Bruce of Eaton, CO; her grandchildren, great & great-great grandchildren; and her many nieces and nephews.

A celebration of Joan's life was held at Faith Community Church, in West Concord, on Friday, November 1st, 2024. With a visitation at 12:30 PM. A service followed at 1:30 PM. In lieu of flowers, donations may be made to Faith Community Church (West Concord, MN) or New Life Church (Wanamingo, MN).

Rose Susan Ryan Maring

Rose Susan Ryan Maring, 97, of Wanamingo, passed away on Wednesday, October 23, 2024, at the Northfield Retirement Center in Northfield, Minnesota.

Rose was born July 23, 1927 in Hampton Township, Dakota County, to the late Francis and Catherine Glynn Ryan. She was raised in Cannon Falls, where she graduated from high school in 1946. Rose was the oldest of her seven siblings. Rose married Harold Maring on September 6, 1950. They farmed together



their entire life in Rural Dennison until retirement in 1982. After their retirement, they moved to Wanamingo where they help start the New Life Church, which was an important part of their lives. They enjoyed traveling, not only throughout the United States but went to Norway, Sweden and Israel. Being with all their family and friends was truly a priority for them.

Rose is survived by her son, Matthew (Michele) Maring; daughter, Margaret (Dan) Greseth; grandchildren, Kevin (Stacie) Maring, Jonathan (Deanna) Maring, Adam (Nichele) Engen, Peter Greseth, Paul Greseth, Michael (Shawna) Greseth, David (Raynell) Greseth and Mark (Meranda) Greseth; great grandchildren, McKensie, Blake, Paxton, Marlowe, Maverick, Sadie, Madeline, Aubree, Josephine, Brantley, Victoria, Carson, Carter, Lincoln, Layla, Kolten, Eveyln, Liam, Levi, Leah, Jovi, and Greyson; sister, Dolores (Edward) Erickson; brothers-in-law, Fran Gall and Dick Daniels. Also survived by many nieces and nephews.

Besides her parents, Rose was preceded in death by her beloved husband, Harold; son, Paul Maring; grandson, Greg Greseth; great grandson, Cooper Greseth; her siblings, Patrick Ryan, Edward Ryan, James Ryan, Mary Daniels, Ellen Gall and Margaret Ryan.

A Celebration of Life for Rose was on Monday, October 28, 2024 at New Life Church, Wanamingo, at 11 am. The family received friends from 10 am until service time.

Michaelson Funeral Home, Kenyon, assisting the family.

Dr. Melvin Friedrich Kirchoff, DVM

Dr. Melvin Friedrich Kirchoff, DVM, of Kenyon, died peacefully on October 22, 2024 at The Pillars of Lakeville in Lakeville, Minnesota.

Melvin was born April 21, 1933, on the family dairy farm in Gibbon, Minnesota. He was the son of Fred A.

and Bertha Emma (Bethke) Kirchoff. His early grade school education was at the nearby Moltke Parochial Lutheran School. Melvin and his identical twin brother Marvin often liked to switch the names on their desks to confuse their teacher. Melvin's sense of humor remained unchanged ever since.

Melvin graduated from the University of Minnesota with a BS Degree in 1955 and a Doctor of Veterinary Medicine Degree in



1957. Following graduation, Melvin was employed by the Animal Research Service of the Federal Government and stationed in Moberge, SD. This job involved monitoring livestock sales barns and working with local veterinarians to help eradicate disease in the beef industry. Much of this work covered five counties on the Standing Rock Indian Reservation. Melvin was a member of the American Veterinary Medical Association, the Minnesota Veterinary Medical Association, and charter member of the Academy of Veterinary Practice.

In 1957, Melvin married Esther (Kayo) Mattila at Christ Church Lutheran in Minneapolis. Melvin and Kayo moved to Kenyon in 1958 when Melvin joined the Kenyon Veterinary Clinic. After 33 years of working with large and small animals, Melvin retired from the Veterinary Clinic in 1991. During retirement, for many years, Melvin especially enjoyed working on the Kevin Hildebrandt farm during spring planting and fall harvesting.

Throughout his life, Melvin enjoyed time at the family cabin on Ten-Mile Lake, near Hackensack, traveling and golfing with friends and family. Annual Canada fishing trips were highlights with his Kenyon fishing buddies. Inspired by a trip to Door County, Wisconsin in 1985, Melvin had a love for wood carving. Starting first with Loons and then Santa's. For the next twenty-two years, Melvin would carve and hand paint 20-30 Santa's each year for family and friends.

He is survived by his wife of 67 years, Kayo; three sons, Mark (Beth) Kirchoff of Apple Valley, Michael (Terry) Kirchoff of Sartell and Tom (Sarah) Kirchoff of Wau-paca, WI. Grandchildren; Meg Kirchoff Singh (Sid), Nell Kirchoff (Tres Barbatelli), Andrew Kirchoff and Matthew Kirchoff.

Besides his parents, Mel was preceded in death by an older sister, Esther Grischkowsky, an older brother, Edwin Kirchoff and his twin brother, Marvin Kirchoff.

A Celebration of Life Service will be held Friday, November 22nd, at 11 am, at First Evangelical Lutheran Church, 309 Forest Street, Kenyon, 55946. A luncheon will be served after the service in the church basement, where all are welcome to continue to visit and share stories of Mel's life.

In lieu of flowers, family requests memorials to the church or to a charity of your choice.

Pastors Corner

(continued from page 2)

"Therefore, since we have these promises, dear friends, let us purify ourselves from everything that contaminates body and spirit, perfecting holiness out of reverence for God."

God had His hand in the foundation of this country and it has stood on Godly principles for centuries. May we, as a nation, repent of our pride and arrogance and, once again, fear God with a holy reverence and awe.

Finally, I ask you all to pray for our new leaders. Pray that unity and cooperation could once again be the desire of the people as we fix our eyes on Jesus.

May God richly bless the United States of America!

You are cordially invited to an Area-Wide Concert: "PEACE AND GOOD WILL"

Performed Sunday, Nov. 17, by The Rochester Flute Choir (at Hauge Lutheran Church, 317 3rd St, Kenyon, MN).

Several highly talented musicians using an amazing variety of flutes create selections of great beauty with these instruments. Come to enjoy this unique and rich performance of seasonal sacred and secular music.

Performance begins at 3:00 PM followed by refreshments. There is no charge for attendance - free will offering available.

If you have questions, contact Pastor Lyle Aadahl (507-951-6343)



A Sherlock Carol Opens Nov. 22nd

Show dates: Nov.22-Dec. 8, Friday & Saturday 7:30, Sunday 2

Our holiday shows often sell out, so reserve your tickets NOW! <https://www.mantorvilletheatrecompany.com/tickets.html>

After the death of his nemesis, Moriarty, Sherlock Holmes has given up his calling as a detective, until he's drawn back in by Dr. Timothy Cratchit (formerly known as Tiny Tim) to investigate the possible murder of his benefactor, one Ebenezer Scrooge.

"A fun mash-up of Dickens and Doyle" — Time Out New York.

"Joyful, playful, and clever—and that joy transfers to the audience." — TheaterMania



Share Your Good News!

Submit your engagement, wedding or birth announcement.

Email: hometownmessenger@gmail.com



Pancakes, Anyone?

(continued from page 1)

A pancake meal will be served at this free will donation event. Pancakes, scrambled eggs, sausage, coffee and milk will be served for your dining pleasure, and a lot of your friends and neighbors will be there to support this project. Bring the family, and come hungry! These guys always cook up a great meal! Honor Guard Commander, Eric Dierks states "the proceeds for this event will be used for memorial maintenance, members in need, local and regional wellness initiatives, along with annual donations to local non-profit organizations".

Both the Honor Guard and VFW members are all about helping others in need, both locally and nationwide. They kick in donations where they can for the veterans and their families, and with your support, they can do even more. Please spread the word, and let's see how many people we can feed at this special event.

For more information about the Wanamingo Veterans Honor Guard or VFW, visit them at the Wanamingo Community Center on the 3rd Tuesday of every month.



KENYON-WANAMINGO ELEMENTARY SCHOOL STUDENTS of the WEEK



NOBLE KNIGHTS OF THE WEEK FOR OCTOBER 25, 2024

Front Row: Brooklyn Woloszyk, K, Mrs. Tanya Short; Caleb Yunker, K, Mrs. Katie Valek; Caden Fortsch, Gr. 1, Mrs. Katie Benbrooks; Milo Feist, Gr. 1, Mr. Tony Donkers; Wyatt Caron-Ross, Gr. 2, Mrs. Deb Hinrichs; Reese Allen, Gr. 2, Mrs. Megan Jordan. Back Row: Fabian Smith, Gr. 3, Ms. Val Ashland; Harper Caron, Gr. 3, Mrs. Sandy Bohaty; Charlie Baker, Gr. 4, Mrs. Chloe Gohman; Isabelle Hanson, Gr. 4, Ms. Rhonda Thesing



NOBLE KNIGHTS OF THE WEEK FOR NOVEMBER 1, 2024

Front Row: Isabelle Johnson, KG, Mrs. Katie Valek; Jacob Sivahop, KG, Mrs. Tanya Short. Middle Row: Aubree Wood, Gr. 1, Mr. Tony Donkers; Dax Anderson, Gr. 2, Mrs. Deb Hinrichs; Caleb Beardsley, Gr. 2, Mrs. Megan Jordan; Aftyn Meyers, Gr. 3, Ms. Val Ashland; Eden Lexvold, Gr. 1, Mrs. Katie Benbrooks. Back Row: Liliana Guzman, Gr. 4, Mrs. Chloe Gohman; Henry Skillestad, Gr. 4, Ms. Rhonda Thesing

A SHERLOCK CAROL

by Mark Shanahan

Nov 22 - Dec 8
Fri, Sat 7:30
Sun 2

Directed by Bill Schnell

5-5th St

MANTORVILLE THEATRE COMPANY

507-635-5420
mantorvilletheatrecompany.com

Boy Scout Olympics

(continued from page 1)

This area is well known for sponsoring scout related activities, and this one had a theme of "The Olympics". There are 262 acres to roam here, just off Simpson Road in Rochester. Approximately 300 youth and adult scouters were in attendance this year for the event.

Troop 76 attendees were Aiden Vadner, Alex Vadner, Jacob Coffey and Joe Coffey Jr., and Benjamin Dierks. Adult leaders present were

Eric Dierks and Ron Friedrich.

Weekend troop activities and duties included using the scout led Patrol Method of Scouts BSA to select a safe area to set up tents. They then constructed a makeshift dining hall to prepare and cook meals using a variety of cooking methods, including a Dutch oven dessert. True to Olympic tradition, they participated in an opening and closing flag ceremony, as well as an Olympic style flame lighting ceremony. After all the events, a closing bonfire ceremony with all scouts and adult leaders commenced, where gold-silver-bronze medals were announced and presented.

The themed activities for "The Olympic Games" were conducted throughout the day on Saturday by visiting 10 activity stations to compete in. Included in these activities were

orienteering, fire building, BB gun target shooting, archery, hot isotope transfer, basketball free throw, soccer shootout, disc golf, tarp volleyball, toss and catch, and knots. Freestyle games included map and compass, geocaching, nature trail-plants and animal ID, rubber chicken baseball, gaga ball and cornhole. I would have loved to see how rubber chicken baseball was played!

Troop 76 received Gold medals in basketball free throw and archery, as well as Bronze

in tarp volleyball and BB gun target shooting.

The members of Troop 76 welcome boys from the ages of 11 to 17 to come and check out a troop meeting, held the 1st and 3rd Sundays of the month at the Wanamingo Community Center. Contact Ron Friedrich-Scout Master at (507) 319-0277 for more information on this.

Congratulations to the boys of Troop 76 and their leaders!

Kenyon we are here for you.



Try our evening hours.

Monday: 8 a.m. to 4:30 p.m.
Tuesday: 8 a.m. to 7 p.m.
Wednesday: Closed
Thursday: 8 a.m. to 4:30 p.m.
Friday: 8 a.m. to 2:30 p.m.

Kenyon Clinic

225 Huseth St, Kenyon, MN 55946
 507-623-0123

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HOPE Coalition Receives Grant from Open Your Heart to the Hungry and Homeless



Red Wing, Minnesota – At a time when individuals and households throughout Minnesota are experiencing hardships in numbers never seen before, the Open Your Heart to the Hungry and Homeless Foundation is working hard to ensure its funding reaches those in need in every corner of the state.

In its most recent Fall funding cycle, Open Your Heart to the Hungry and Homeless has granted HOPE Coalition with \$7000 funding toward motel vouchers for unsheltered families and individuals in Goodhue and Wabasha Counties. Through this funding HOPE Coalition can provide around 105 nights in a safe shelter while assisting people work toward their housing goals.

HOPE Coalition opened in 1990 as the Red Wing Area Coalition for Transitional Housing. In 1995 it opened its domestic violence shelter, Haven of Hope, (originally called The Women's Center), which helps individuals and families experiencing domestic violence

find safety and rebuild their lives. The following year it launched Kids Count, its program focused solely on children experiencing or witnessing violence and abuse. In 2006, it took over management of the Community Care Fund (CCF) which provides a general fund for people seeking help with basic needs. In 2023, it expanded its CCF program to include a mobile outreach unit (in which it partners with six food shelves throughout Wabasha County) that helps residents in its communities reduce transportation barriers. In addition to the above services it also provide advocacy to survivors of sexual assault in both Wabasha and Goodhue Counties.

Since 1986, the Open Your Heart Foundation has ensured that emergency shelters, food shelves and domestic violence shelters throughout Minnesota have the tools, equipment, and infrastructure necessary to best serve those in need.

Open Your Heart awards funds every three months and provides emergency support within days during a crisis. It supports programs in communities where many traditional funders do not reach – food shelves, domestic violence shelters, and homeless programs in small communities and sparsely served remote corners of the state. Through this direct support, Open Your Heart helps these organizations provide safe and dignified environments for people experiencing food and housing insecurity across Minnesota.

For more information about Open Your Heart, grantees or the grant application process visit www.oyh.org. To learn more about HOPE Coalition, visit www.hope-coalition.org.

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Down on the Farm/ Up at the Cabin Spring Migrations

By
Monica & Claudia Vanderborght

Claudia and her husband joined Monica on the farm late in the summer of 2016. There was plenty of room in the house (it had 4 bedrooms, two bathrooms and even two kitchens). And more than enough room outside to keep everyone busy and out of each others' way.

Prior to their move, Claudia and her husband lived in a log cabin in upstate New York. (WAY upstate. 30 miles from the Canadian border upstate.) They often bought meat from a farmer who raised bison. The farmer would tell stories of the buffalos' biannual migration: every spring and every autumn, the bison would walk around and around and around their pasture for days. Seasonal migration ran deep in their DNA.

Dexter cattle were bred by the Irish 500 years earlier. Dexters are one of the 28 breeds of short-statured cattle. Rarely taller than 40 inches at the shoulder and weighing 700-900 pounds, they were a good breed for two middle-aged newbie women farmers to raise.

Intelligent and gentle, with tasty flesh and rich milk, the urge to migrate has been bred out of Dexter DNA for a long, long time.

Dexter cattle do not migrate.



Retrieving cattle with cars

But it had been a very long winter. And although most of the snow had melted, the pastures were not green. The few green shoots of grass were quickly devoured by the livestock. Hay had become incredibly boring and everyone was ready for the lush, green, succulent grass.

You know – the good stuff.

Oops! Someone accidentally left the pasture gate open. The herd found it. And so the Dexter spring migration began. Down the long driveway they trotted. Monica ran for the ATV; Claudia ran to the barn for buckets of treats.

Right from the start, Monica had bucket-trained her cattle. Scooby, the bull, would do

just about anything for a Scooby snack (an alfalfa cube or horse treat). Ameila, the herd queen, knew exactly where the chicken corn was kept and knew how to pry the metal cover off the container. The cattle understood what rattling buckets meant.

But today, the herd only wanted fresh, green grass.

A bucket of corn in her hand, Monica raced through the muddy cornfield on the ATV, parallel to the driveway, hoping to divert the herd. The cattle took a right at the mailbox and trotted down the dirt road. Claudia, a bucket of Scooby snacks in her hand, jogged up the driveway. She could see that the cattle had no intention of returning to their brown pasture. They were looking for green

grass.

Down the road they trotted – Scooby and Amelia leading the way. Monica phoned Rae, the neighboring farmer. The cattle were headed her way and maybe she could turn them with her truck or ATV. Slowly, so slowly, Rae drove up the road toward the cattle. Monica flanked them on the right. Claudia waited at the mailbox.

The Dexters could not wade through the ditches, still full with snow, to escape the vehicles: their legs were simply too short. Resigned, the herd turned back up the hill and headed for home.

Though this would not be their last walk-about, an important lesson was learned: double check the gates!

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Basic Rules of Hunter and Firearms Safety

By MN Department of Natural Resources

More than a half-million people hunt every year in Minnesota. The DNR's goal is that every one of them returns home safely at the end of every hunt. While hunting is one of the safest recreational activities there is, even one injury is one too many.

More than 21,000 students every year in Minnesota earn their firearms safety certification and since 1955, more than 1.3 million have done so. As more students have completed firearms safety training, there's been a corresponding decrease in the number of injuries and fatalities that occur as a result of firearms-related hunting incidents.

The basic rules of safe firearms handling

By following these basic rules, hunters can avoid most hunting-related firearms incidents.

- **Treat every firearm as if it is loaded**

Never assume a firearm is unloaded.

- **Always control the muzzle**

Keep your muzzle pointed in a safe direction and remember that anything toward

which the muzzle points is in the crosshairs. Don't overlook the possibility of a ricochet.

- **Be sure of your target and what is beyond**

You're responsible for knowing what's in front of your target, near your target and beyond your target. If you aren't certain about any of the three, don't take the shot.

- **Keep your finger off the trigger until you're ready to shoot**

Your finger should be outside the trigger guard until you're ready to shoot.

- **Protective gear**

Hunters' eyes and ears are vulnerable to a number of potential hazards while hunting, so it's important to protect them. Firearms create a high decibel sound that can damage hearing. Also, when a firearm is fired, it sends the projectile down range. Along with the projectile, the firearm also discharges small particles of the projectile, burning gas and other residue that can damage your eyes. Always wear safety glasses and ear protection.

- **The effectiveness of blaze orange**

Blaze orange has made hunting safer. Spotting a hunter wearing camo is hard, but wearing blaze orange makes you visible to others hunting in the area. Read the blaze clothing requirements.



photos by MN DNR



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by Hans -10

That's the Latest My Friend Jerry



By Emery Kleven

Emery is now a retired farm broadcaster after starting at KDHL in Faribault in 1987. He's a 1971 graduate of West Concord High School. You can view past columns at his website RoadFarming.com. You can email him at emery@roadfarming.com.

In August, 2018, I shared two columns that my friend Jerry Nelson wrote about how, through DNA testing, his cousin and wife were reunited with a daughter they gave up for adoption. You can go to Roadfarming.com and look at all my past columns and you could reread it as I did. The adopted girl, Tammi, was raised on a dairy farm near Kenyon. It's a fascinating read or re-read in this case.

I got to know Jerry as I did a lot of broadcast work in South Dakota over the years. Jerry grew up on a farm near Volga, South Dakota

which his great-grandfather homesteaded in the 1880's. Jerry and I have known each other since about 2003. Jerry was a dairy farmer who had a near death experience several years ago in a manure pit when he was overcome with hydrogen sulfide. Six weeks in the hospital including a month in ICU gave Jerry a new look at life. So what do you do after that? Well in Jerry's case, he became a writer. His stories are mostly about rural life and his obscure look at the simple things on and off the farm. I've told him that many times I think he and I are twin cousins separated at birth. Our stories from the farm are very similar. Only his were in Volga and mine in West Concord.

You may recall that 1996 there was extreme flooding in eastern South Dakota. It was similar in 2024. Jerry called his county agent to ask how he can keep jet skis out of his corn field holding out hope he could still get some kind of crop. Later in life, Jerry started writing a dairy column which in turn led to him writing a book. From his experience trying to figure out how to keep the jet skiers out of his fields, the book was titled 'Dear County Agent Guy'. I still have the manuscript that I got to read prior to it being published.

Not only do Jerry and I share a similar background, we also have that same warped sense of humor. His book covers the jet ski experience along with how on their wedding night, his wife Julie, declined to help him chase cows back into the barn while still in her wedding dress. There's also the story how Jerry offered the delivery room doctor the use of his calf puller during the birth of

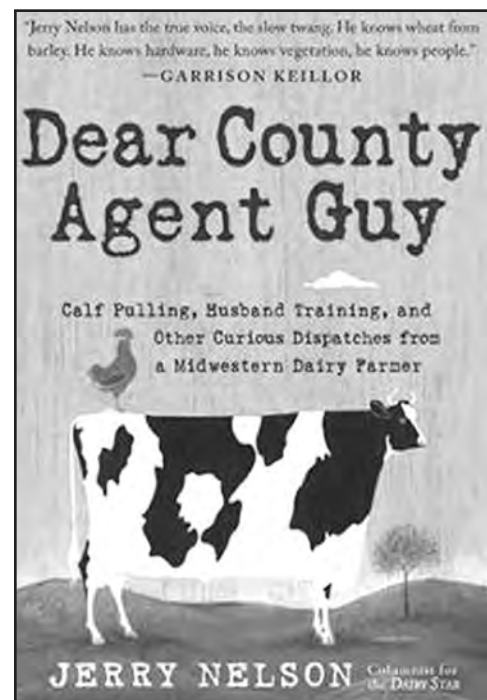
his first son. They have two boys who he taught to vaporize bugs on an electric fence. It only gets better from there.

In spite of some things he's gone through and going through a tough time now, Jerry keeps finding the lighter side of things. Jerry was recently diagnosed with tonsil cancer. His oncologist recommended chemotherapy combined with radiation treatments. His chemotherapy drug of choice contains platinum, which Jerry noted, means he was probably worth considerably more after each infusion. Without going into all the detail, Jerry described some of his many medications that come with a long list of possible side effects. He thought some of them in theory, should cancel each other out. For instance, one drug had possible side effects of both constipation and diarrhea. He found out the hard way that they do not cancel each other out.

His treatments are behind him now so it's a matter of waiting and testing to see how effective all the treatments were. He was told that his type of cancer has an 85% cure rate.

In our similarities in many things, I found out he likes to quote song lyrics like what I have done many times as well. At the end of his telling the story of what he's gone through, he quoted from the song; I Can See Clearly Now by Johnny Nash. In part, it goes like this:

"I can see clearly now the rain is gone. I can see all obstacles in my way.



Jerry's book, "Dear County Agent Guy" can be found at www.workman.com and in bookstores nationwide.

Gone are the dark clouds that had me blind. It's gonna be a bright, bright sunny day."

Jerry added that's how he feels now. 'Because look all around, there's nothing but blue skies. Look straight ahead, nothing but blue skies!'



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Two-Time Winner Crowned in Wild Rice Competition

Winners Announced in
"Get Wild with Wild Rice"
Recipe Contest



The votes have been counted and Natalie Yarbrough of Minnetonka, MN, has won the Grand Prize in the Minnesota Cultivated Wild Rice Council's "Get Wild with Wild Rice" recipe contest with her Wild Banana Blueberry Pecan Pancakes, a perfect blend of flavors and textures featuring the nutty richness of wild rice, the natural sweetness of ripe bananas, and the tartness of fresh blueberries, all enhanced by crunchy pecans. Together, these ingredients not only make for a delicious breakfast but are also packed with nutrients, making each pancake a wholesome treat. Whether drizzled with maple syrup or enjoyed plain, these pancakes are a delightful way to start the day!

This is the second Grand Prize win for Yarbrough in the "Get Wild with Wild Rice" recipe contest following her 2018 prize winning recipe - Asian-inspired Chicken Thai Wild Rice with Peanut Sauce, a harmonious blend of textures and tastes that tantalizes the palate and celebrates Thai cooking.

"I am so honored to win this contest," Yarbrough said. "Wild rice has always been a staple in my kitchen, and I love finding new ways to incorporate it into my cooking. I hope my pancakes inspire others to experiment with this amazing ingredient!"

In addition to Yarbrough's Grand Prize win, Laura Kurella of Wellston, MI, won the Council's coveted People's Choice award for an astonishing third year in a row with her Argentine Wild Cherry Chicken Platter, a delicious, slightly savory, slightly sweet creation which pairs perfectly with the smoky flavor of wild rice. Last year, Laura won the award with her Wild Rice Beer Bread with Maple Spread, a scrumptious bread with a hint of sweetness along with a distinctive nutty fla-

vor. The year before that, she won with another unique offering - 'Popped' Espresso Mocha Pillow Crisps - which featured soft, sweet marshmallows coated in chocolate, espresso powder, cinnamon, and 'popped' wild rice. This is a remarkable achievement that underscores Laura's culinary creativity and passion for wild rice.

Ken Goff, considered one of the primary developers of the modern Upper Midwestern cuisine, led a panel of judges charged with the difficult task of selecting which recipe would take home the Grand Prize. Relying on his more than four decades-worth of culinary experience and training, Goff and the judges ultimately chose Wild Banana Blueberry Pecan Pancakes as the winner in an extremely close race noting the sweet, ripe bananas harmonizing with juicy, plump blueberries creates a burst of fruity goodness in every bite.

Grand Prize Winner - Wild Banana Blueberry Pecan Pancakes (Natalie Yarbrough, Minnetonka, MN)

Our Grand Prize-winning recipe puts a new twist on a familiar breakfast favorite. Wild Banana Blueberry Pecan Pancakes combines wild rice with fresh fruit, pecans, and wild rice for a rustic, hearty breakfast classic. This is a 'wildly' delicious and healthy breakfast your family is sure to love.

People's Choice Winner - Argentine Wild Cherry Chicken Platter (Laura Kurella, Wellston, MI)

Seasoned chicken thighs on a bed of wild rice covered in a flavorful chimichurri sauce. Commonly used in South American cuisine, the chimichurri sauce in Argentine Wild Cherry Chicken Platter has an unmistakably fresh and tangy flavor that pairs well with savory wild rice.

The Council's latest recipe brochure, Minnesota Cultivated Wild Rice Recipes & An-

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WILD BANANA BLUEBERRY PECAN PANCAKES Natalie Yarbrough, Minnetonka, MN

- 2¼ cups all-purpose flour
- ½ tsp salt
- 1 tsp lemon zest
- 1 tsp cinnamon
- 2 tsp each: baking soda and baking powder
- 2 large eggs
- 2 tbsp brown sugar
- 2 cups buttermilk
- ¼ cup melted butter
- 1 banana, mashed
- 1 tsp vanilla extract
- 1 cup blueberries
- ¼ cup chopped pecans
- 1 cup cooked wild rice
- 4 tbsp canola oil
- maple syrup

In large bowl, mix first 6 ingredients. In separate large bowl, whisk eggs and brown sugar. Stir in buttermilk, butter, banana, and vanilla until combined; add to dry mixture. Do not overmix. Fold in berries, pecans, and wild rice. In large skillet, heat 1 tbsp oil. Ladle in 3 pancakes using ½ cup of batter for each; cook 3 minutes. Flip; cook 1 minute. Repeat. Serve with syrup. 4 servings.

ARGENTINE WILD CHERRY CHICKEN PLATTER Laura Kurella, Wellston, MI

- 1 lb Just Bare® Boneless Skinless Chicken Thighs, cubed
 - salt and pepper, to taste
 - 2 tbsp canola oil
 - 2 cups cooked wild rice
 - fresh lime wedges and cilantro, garnish
- Chimichurri (blend in food processor; chill at least one hour):**
- 2 cloves garlic, peeled
 - 1 small shallot, peeled
 - 2 tbsp each: dry red wine (or red wine vinegar) and fresh lime juice
 - ½ cup pitted fresh cherries (tart or dark)
 - 8 sprigs fresh cilantro
 - 4 sprigs fresh parsley
 - 4 fresh mint leaves
 - ¼ tsp crushed red pepper flakes
 - 1 tsp pink sea salt
 - ½ cup canola oil

In medium skillet, brown chicken with salt and pepper in oil. Stir in wild rice; heat through. Drizzle with chimichurri; garnish. 4 servings.

swers to Frequently Asked Questions, features contest winning recipes including soups, salads, sides, and entrées. To receive your free copy, send a self-addressed-

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2024
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- *All entrants and participants are expected to follow appropriate public conduct
- *No alcohol will be allowed in the parade or line up areas
- *Children walking in the parade must be always accompanied by an adult
- *All entries must have Christmas lights/decorations to be accepted as an entry
- *Candy tossing is acceptable but please throw all the way to the curb

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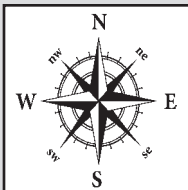
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Changes in Latitudes, Changes in Attitudes

Transistor Radios



By Terry Campbell

This column is written by Messenger editor and Minnesota native Terry Campbell. Terry now splits his time between Minnesota when it's warm here and Tennessee when it's cold here.

One of the earlier favorite memories I had as a kid was the radio. I enjoyed listening to the radio. But I had no control over the stations when I was real young. The radio in the barn was on KDHL. Polka music, weather and farm market reports was all it played. There was a radio in the milking barn and one in the hog barn. My dad said it calmed the livestock to hear music all day. It sure helped beat the monotony when I was cleaning and feeding the animals.

In the car it wasn't much different. My dad controlled the dial and it was usually WCCO and the Minnesota Twins with Herb Carneal and Halsey Hall. About the only music they played was the Hamm's beer commercial. All we knew existed back then was AM (amplitude modulation) and I had no idea what that meant. Just that it got fuzzy when it stormed and clicked in time to the electric fence around the farm.

My dad had an old red transistor radio that operated off D cell batteries. I would take it out with me when I did farm work like cleaning calf pens and listen to KYMN in Northfield. Its range was quite limited and that was all I could find in my musical tastes.

Somewhere around 1971 I purchased my own transistor AM radio. I believe I bought it at the Gambles Hardware store. It was a futuristic style in the form of a round yellow globe with a silver chain and ring attached to it. It was a Panasonic Panapet designed to commemorate the World Expo in Osaka,

Japan. It had two chrome dials for volume and tuning and the AM display inset on the surface of the ball.

This was great, now I could listen to my favorite radio station, 1270 KWEB Rochester. I kept it in the headboard of my bed and listened to it before I went to sleep and the first thing when I woke up. C.J Stevens was one of the deejays at KWEB and I remember he was killed in a tractor rollover accident on his dad's farm in the early 1970's. This radio used the small 9-volt batteries which lasted much longer than the big old D cells.

Our tractors didn't have radios. They didn't even have cabs. I bought a fender radio at Farm and Home and put on the John Deere .4020. It was only an AM radio but it kept me from falling asleep in the field.

The radio is a great marker of time for me. Often when I hear a song I will be transported back in my mind to the time and place when I first heard it. Some of these are a trip of almost sixty-years into the past.

I developed a habit of having a radio in each farm building. They are always on. That way I do not miss a song as I go from one building to another doing chores. They are all tuned to KRPR, 89.9. That is the classic rock station in Rochester. Classic rock without the talk, twenty-four hours a day. On five radios in five farm buildings all simul-



taneously cranking out the music. I do wear out radios every year, but the one in the shop is a Radio Shack boom box I have had since the mid 1980's. It just keeps on running.

In Tennessee I listen to WTPR 101.7. The greatest hits of all time in Paris, Tennessee. They have the Swap Shop every morning six days week at 9am. It is like a hillbilly Facebook marketplace. But the best is a couple weeks before Christmas, they switch to all Christmas music, all the time, during the holiday season. Music is timeless and a very enjoyable part of life.

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A Minnesotan: Holiday Fires



By RosaLin Alcoser

Other than watching the Macy's Thanksgiving Day Parade on the television my family does not have any other Thanksgiving Day traditions. There was a short time when I was in college back in Southern Missouri where my sister and I did have one.

For two years it was the Alcoser sister's transition to go out for dim sum on Thanksgiving Day. It was a fun tradition that involved me driving across the state to visit her and going out on Thanksgiving; after we watched the parade of course. Prior to this she had come to my place exactly once.

That year I cooked a semi traditional Thanksgiving meal. We had turkey, a vegetable and a pumpkin cake. I know pie would have been more traditional but we had cake and it was excellent. After that my sister declared that all the work I put into making that meal was too much bother for just the two of us.

However, I think the real reason she decided that I would come to her and we would go out was due to my dishwasher catching on fire after dinner. At the time I still lived in student housing and the dishwasher in my apartment was probably from the late 1990s or early 2000s.

Right was we were getting ready to head out to go for a walk; which you can do on Thanksgiving in the south. When my sister looked over and saw smoke rising out of the turned off dishwasher. She threw open the door to see that the bottom coil was on fire. While she threw baking soda onto the fire I threw the breaker to the dishwasher to keep the fire from restarting.

Thankfully nothing was damaged and did not restart on fire after its power was cut. The dishwasher did get replaced by a different and less flammable old dishwasher. Making that Thanksgiving the one and only time that my sister has ever come to my apartment for a holiday. Even though I now have a much more reliable dishwasher.

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FINALLY! Cuisine Worthy of that Beautiful 1900's Building in Kenyon

(continued from page 1)

By circumstance and choice, I find myself living in rural SE MN and while I enjoy the privacy and lack of hubbub the country affords, some days I just miss a place with linen napkins, shining silverware, sparkling goblets and splendid windows.

I miss rich, full-bodied coffee, served table side, with cream in a real cup. I call it "hotel coffee" and it is one of the most comforting things I know.

I found both at Cahill's in Kenyon.

Take your friends and family. Or go and sit at the bar. It's beautiful.

Cahill's is a "must-do" for Date Night but also fine for Happy Hour, lunch and breakfast.

I mean, they've nailed it. This is not just some experiment they're doing. These people are crushing it. It's delicious fine dining in a casual atmosphere.

The service is low-key, professional and friendly. And accurate. I love that.

The room is spacious, impressive and spotless. There is good division between intimate seating and larger groups.

I like their online presence. Its organized, which I like.

I am not much of a drinker, but they offer

what look like great cocktails, plus wine and beer.

Dessert offerings are impressive.

I expect the patio will be packed in the summer.

I hope they decide to cater events, too.

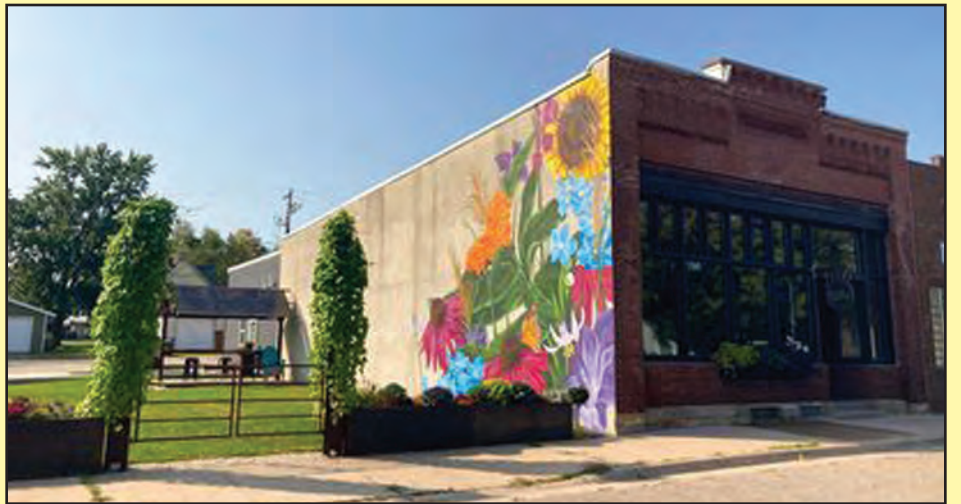
The food: Hands down, some of the most spectacular food I have eaten.

**Cahill's Bistro and Bar located at
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www.cahillbistrobar.com



Wildwood of Nerstrand to Host Crafter and Artisan Market Saturday, November 16



Wildwood of Nerstrand will host a crafter and artisan market on Saturday November 16th. Over twenty vendors are expected to be on hand selling gift items, baked goods, crafts and services.

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Subway Building Changes Happening



The Subway building in Kenyon has been purchased and will be offering leases available in mid-November for three units. A 1,500 sq. ft. retail or office space will be available with Red Wing Ave. access. A 1,000 sq. ft. garage will also be for rent with Red Wing Ave. access. A 3,000 sq. ft. space on the second floor is also offered with the developer willing to build to suit.

Call Barney at 507-990-7578 for more information.

Kenyon-Wanamingo Castle



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Thursday, Nov 14th 6:00-7:00 PM Kenyon ; Thursday, Nov 21st 6:00-7:00 PM WG0

Every Wednesday 10:00 - 11:00 AM at both sites

\$3 per child with a family maximum of \$10, and daycare maximum of \$15

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HAPPY THANKSGIVING

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We will be closed Thursday, November 28th so our employees can enjoy the Thanksgiving holiday.



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Walking for Health and Concussion Care



By Shauna Burshem, D.C.

Walking is a simple yet powerful way to improve your health. When you walk regularly, you can strengthen your heart and lungs, which is great for your cardiovascular system. Walking gets your blood pumping, which helps your heart stay healthy and reduces the risk of heart disease. It's an easy exercise that almost anyone can do, and it doesn't require any special equipment.

Another benefit of walking is that it helps build and tone muscles. Every time you take a step, you use muscles in your legs, hips, and even your core. This can make your muscles stronger over time. Plus, walking can help with balance and coordination, which are important for staying active and preventing falls as you get older.

Walking is also great for your metabolism and body weight. When you walk, your body burns calories, which can help you maintain a healthy weight or even lose weight if that's your goal. Walking regularly can boost your metabolism, making it easier for your body to use energy efficiently. It's a fun and easy way to keep your body in shape!

For those with joint issues, walking is an ideal low-impact exercise. Unlike high-intensity workouts or running, walking gently engages the joints without putting them under excessive strain. This makes it a favorable option for individuals with arthritis or other joint-related concerns, as it helps to maintain mobility and flexibility while minimizing discomfort. Moreover, the consistent movement during walking can aid in lubricating the joints, potentially alleviating stiffness and promoting overall joint health. Whether you're looking to stay active without aggravating joint pain or seeking to im-

prove joint function, walking presents a suitable and effective solution.

Walking is not only beneficial for physical health but also plays a crucial role in enhancing mental well-being. Engaging in regular walks can significantly reduce symptoms of anxiety and depression. The rhythmic nature of walking has a calming effect, allowing individuals to clear their minds and reduce stress levels. Moreover, walking increases the release of endorphins, natural mood lifters, which contribute to a more positive outlook. Whether you choose a leisurely stroll in a park or a brisk walk along the beach, walking provides time for reflection, problem-solving, and generating creative ideas, all of which support a healthy, resilient mind.

A new analysis of over 200,000 U.S. children's health records suggests that mRNA COVID-19 vaccination increases children's risk of asthma, Alex Berenson, a former New York Times reporter, revealed communications with Taiwanese researchers showing they found "striking evidence" that the shots themselves may cause asthma, which leads to lung damage. Asthma is a chronic disease affecting nearly 5 million U.S. children, according to the Centers for Disease Control and Prevention (CDC). While usually not

fatal, severe asthma attacks can be life-threatening in children, according to the Mayo Clinic. The study authors looked at TriNetX's health data from over 200,000 U.S. kids ages 5 to 18 between Jan. 1, 2021, and Dec. 31, 2022.

According to Berenson, they found that children who received a COVID-19 mRNA shot and who had not had a natural COVID-19 infection had a 13% higher risk of receiving a new asthma diagnosis in the year after their vaccination when compared to a matched group of children who did not get a COVID-19 shot or infection. Because the study is not a randomized prospective trial it does not prove that the mRNA COVID-19 shots caused the extra asthma cases. "But the researchers closely matched two very large groups," Berenson wrote, "and the association they found is almost certainly not due to chance."

Microplastics have been found in male testes and female ovaries, affecting sperm and follicle health. They've also been found in human placentas, raising concerns about potential impacts on fetal development and pregnancy outcomes. The challenge of disposing of plastics is a growing concern today. Our overreliance on this manmade material is causing major environmental problems. When disposed of improperly, plastic breaks down and makes its way into our own bodies in the form of microplastics. A 2022 report published in Environment International noted that microplastics had been detected in human blood for the first time. By April 2022, it was discovered "lodged deep in the lungs of living people. Now, research highlights more places where microplastics accumulate within our bodies — the reproductive organs, and this may be contributing to the decline of fertility rates. According to the Institute for Health Metrics and Evaluation, 76% of countries and territories around the world will have unsustainable fertility rates by 2050. This means that populations will shrink.

Chiropractic care can be very important for treating concussions, especially for young athletes. A concussion is a type of head injury that can happen during sports when the brain gets shaken inside the skull. Chiropractors help by checking the cervical spine, which is the part of the spine in your neck. The neck connects your head to your body, and if it's not aligned right, it can make concussion symptoms worse. By adjusting the cervical spine, chiropractors can help reduce pain and improve neck movement, which can help with healing after a concussion.

Besides the neck, chiropractors also look at the cranial bones, which are the bones that make up the skull. Just like the neck, if these bones are not in their right place, it can cause more problems for someone with a concussion. Chiropractors use gentle techniques to help the bones move back to where they should be. This can make a big difference in reducing headaches and other symptoms that come from concussions. Overall, chiropractic care can play an important role in helping young athletes recover from head injuries safely and effectively.

**Information and opinions expressed in this article are those of the author and may not reflect those of The Messenger.*

Cholesterol Truths



By Noel Aldrich, PhD, CNS
Licensed Nutritionist

What do you know about cholesterol? Is it good to have cholesterol, or is it bad? Is it possible to have too much of a good thing? What is the big deal about cholesterol? It is one of the most frequently mentioned topics at the physical exam in the doctor's office, so what is the big deal? Let's identify some truths about cholesterol.

First, "25 percent of the total amount of cholesterol found in the human body is localized in the brain," according to Dr. Kelly Brogan, MD. All of your nerve tissue is dependent on cholesterol to provide a protective layer around the nerve strands so the electrical signals move to the right destination. Think of cholesterol as the insulation around an electrical wire. If the insulation is missing, charges can misfire, and injury can happen. Dr. Brogan states, "the brain is the most cholesterol-rich organ in the body." Sounds like a pretty important nutrient.

Second, your body makes cholesterol every day from the food that you consume. According to the Encyclopedia of Human Nutrition, between 600 – 800 mg of cholesterol are made throughout your body each

day to be used in a variety of chemical reactions to support your health. This amount your body makes is more than twice the amount of cholesterol any person will typically eat in a day. So, challenges with high cholesterol are not due to eating too much cholesterol.

Third, your body needs cholesterol to survive. Not only is your brain dependent on cholesterol but every cell of your body requires cholesterol to construct the cell membrane that makes a functional cell. Cholesterol is an important structural piece of the cell membrane helping to hold together the microscopic layers that make up the cell membrane. Without cholesterol the cell membrane falls apart and cellular function is lost.

Fourth, cholesterol is an important chemical for a number of essential activities in your body. Your body uses cholesterol to build all the hormones that direct your body activities. Bile acids that help you digest food are based on the cholesterol structure. Vitamin D, one of the only vitamins your body can make on its own, is made from cholesterol that is energized and transformed by ultra-violet light from the sun. When you get a suntan during the summer months, you are also getting a boost of Vitamin D as the sunlight converts cholesterol into this essential vitamin.

Fifth, cholesterol is shuttled throughout the body in different packages. The Low Density Lipoprotein (LDL) delivers cholesterol to the various cells of the body. Many times the quantity of LDL begins to get high, and some of these LDL can get oxidized, which means inflammation can start and blood vessels can get damaged. This damage is where build up in arteries can begin to take place. The High Density Lipoprotein (HDL) picks up cholesterol from the cells of the body and returns the cholesterol to the liver. A healthy liver controls distribution of cholesterol and the recycling of cholesterol. Higher levels of HDL are important because this indicates your body is recycling cholesterol well. There-

fore, you want to see a healthy ratio of LDL to HDL when you have cholesterol blood test completed. A healthy ratio is about 2 to 1 for LDL to HDL.

Finally, statin medications for reducing cholesterol levels are not as helpful as you may believe. Dr. David Diamond and Dr. Uffe Ravnskov published a research paper in 2015 in the journal Expert Review of Clinical Pharmacology, showing an overall improvement of only 1% when statin medication is used. In addition, statin medication can also turn off the natural process of the body to make Coenzyme Q 10, which is an important molecule for you to generate energy. Additionally, a 2012 paper in the Archives of Internal Medicine described a study completed at a Mayo clinic that found older women in menopause were 48% more likely to develop diabetes when taking a statin medication. The drug interventions for cholesterol modification are not producing the healthful effects that are promoted.

The cholesterol debate has many complicated pieces, but the facts listed above provide some basic truths for you to begin to process. There are healthy food combinations that can help you manage cholesterol without the intervention of drugs and most of the drugs will not be as effective as you would like anyway. As you review your health goals for the coming year, consider what changes you are willing to make to be less dependent upon the local pharmacy and more knowledgeable about the foods that will promote your health.

Contact me at nutritionproportion@gmail.com, or check out my website at www.nutritionproportion.net

**Information and opinions expressed in this article are those of the author and may not reflect those of The Messenger.*

Talking Healthy Aging with University of MN



Teresa McCarthy, MD, MS,
University of Minnesota Medical School and M Health Fairview

As Americans live longer and healthier lives, older adults are becoming one of the fastest growing groups in the US. According to the National Council on Aging, adults over 65 are expected to represent 22% of the American population by 2040.

Teresa McCarthy, MD, MS, with the University of Minnesota Medical School and M Health Fairview, speaks about healthy aging, the role of physical activity and how the U of M is advancing knowledge around aging-related care.

Q: What are some of the key factors that

contribute to healthy aging?

Dr. McCarthy: Genetics play a role in healthy aging, but this is not something we can change. However, there are several factors that you can address to promote healthy aging, including exercise, healthy eating, adequate sleep and proper management of acute and chronic disease. This also includes prevention with appropriate interventions like vaccinations, sunscreen, dental care, and screening for early identification of treatable diseases. The sooner these lifestyle changes and habits are implemented, the better.

Q: What role does physical activity play in maintaining health as we age?

Dr. McCarthy: Research shows that consistent, moderate exercise (150 minutes per week for those over 65) can improve stamina, strength, cognitive performance and mood. Exercise helps to maintain flexibility and stability, decreases the risk of falls and promotes social connections. All of these benefits help people continue to function at the highest possible levels.

Any physical activity is beneficial — this could be brief walks, seated leg exercises, stretching — anything you can do consistently and easily will be of benefit.

Q: What are the most common health issues associated with aging, and how can they be managed or prevented?

Dr. McCarthy: Common issues that lead to decline in healthy older adults include falls and strength loss due to immobility, which is why exercise is critical. Fall-associated spinal and hip fractures cause dramatic changes in the aging trajectory of previously active older people. Doing a home safety assessment to minimize fall risks is another

easy and inexpensive investment in your health.

Taking multiple medications — known as polypharmacy — is a common and potentially dangerous problem for older people. As chronic conditions accumulate, medications prescribed for individual issues can interact adversely. Providers may not always consider the combined impact of all medications, which makes it crucial to have a primary care provider who oversees all diagnoses and prescriptions.

A pharmacist can conduct a medication therapy management review under Medicare to identify potential problems and collaborate with your primary care provider to adjust the medication regimen. I recommend this for anyone taking more than 5-7 medications.

Q: How does aging affect memory?

Dr. McCarthy: Memory changes with age are a significant concern for many older adults. While some slowing of brain processes is a typical part of aging, memory or cognitive problems that disrupt daily activities are not considered normal and should be assessed by a clinician. Many causes of memory issues are treatable and should be identified promptly to achieve the best outcome. Primary care clinics are a good resource for starting this evaluation process.

Q: What are you doing to advance knowledge around aging and health?

Dr. McCarthy: The University of Minnesota is increasing its investment in aging-related care and research. We have an internationally recognized team of researchers working to identify the biological contributors to unhealthy aging, which will



help us develop better strategies for promoting healthy aging. We are also involved in national efforts to create care models that support healthy aging, both in our own clinics and among underserved populations throughout Minnesota. We also continue our mission to educate students and trainees across health disciplines on how to work together to support patients and caregivers with aging-related care needs.

Teresa McCarthy, MD, MS, is an associate professor with the U of M Medical School and a geriatrician with M Health Fairview. She is also faculty at the Center for Healthy Aging and Innovation and the Minnesota Northstar Geriatrics Workforce Enhancement Program. Dr. McCarthy's research experience includes falls, urinary incontinence, osteoporosis, care transitions/rehospitalization, and interprofessional teams. Dr. McCarthy also leads educational efforts about dementia, and also convenes shared learning in assisted living and skilled care settings through the Minnesota Geriatrics ECHO.

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The Savvy Senior Devices To Get Rid of This Winter That can Add Hundreds to Your Electricity Bill



By Jim Miller

Winter is right around the corner, and cooler days mean an increased need to turn on the heat. Unfortunately, this can also translate into higher electricity bills.

Fortunately, we got some experts to share several tips on which devices you can get rid of to lower your electricity bill.

Electric Clothes Dryers can consume up to 5 kWh of electricity during a single cycle. In some states, this can cost over a dollar per cycle.

According to Liam Hunt, director at Gold IRA Guide, a more energy-conscious solution is to wring your clothes out with a high spin

cycle before hanging them up to dry using either an outside clothesline or a foldable indoor drying rack.

Hunt also noted that switching to energy-efficient lighting can save you money.

“Did you know LED bulbs use at least 75% less energy and last 25 times longer than incandescent lights,” he said. “Swapping out your incandescent bulbs for LED bulbs can save a ton of energy and money over time. LEDs also emit very little heat, so they can help keep your home cooler in the warmer months.”

One device that can add hundreds to your electricity bill is a space heater. Whether an electric fire replica or fiery-looking orb, space heaters consume a lot of electricity and can quickly increase your heating costs, according to Scott Lieberman, founder of Touchdown Money.

“Instead, choose a more energy-efficient heating system for your home, like a programmable thermostat or central heating,” Lieberman said. “If you must use a space heater, choose an energy-efficient model and use it sparingly, turning it off when you’re not in the room and directing it at you to warm up quickly and then turn off.”

You can’t just get rid of your water heater, but you can make an adjustment to save money. Check the temperature of your water heater and lower it to 120°F.

“This helps conserve energy and reduces the risk of scalding,” Hunt said.

Kate Colarulli, head of strategic insights at CleanChoice Energy, suggested investing

in a smart thermostat.

“By allowing you to adjust the temperature from your smartphone and automatically self-adjusting based on the current weather, smart thermostats can help keep you comfortable when you’re home and save energy when you’re not.”

Just because you turned the device off, doesn’t necessarily mean it stops using electricity. Some electronic devices that are off but remain plugged into a power source will continue to draw electricity. These devices are called “energy vampires,” according to Cisco DeVries, a former aide to the U.S. Secretary of Energy during former President Bill Clinton’s administration and executive vice president of Renew Home.

Devices such as cable boxes/DVRs and game consoles, microwaves, coffee makers, space heaters, phone chargers and even powered toothbrushes can account for 20% of your monthly electricity bill, DeVries said.

For instance, cable boxes/DVRs can use around 35 watts — about \$96 annually. And, if left on standby mode, it could be tacking on an extra \$130-\$180 per year, he noted.

In addition, heaters in your coffee machine typically consume up to \$8 extra in energy costs per month, wasting up to \$96/year. Newer, single-serve coffee makers tend to keep water hot all day long, sucking another

\$5 of energy per month, totaling \$156/year.

“To overcome these energy vampires, use smart plugs or smart power strips. These smart devices will detect when you’re no longer using a device and turn off the power supply,” said DeVries, adding that this could amount to an average of \$432 in savings.

In that same vein, Colarulli said that in the home office, computers can drain 15-20 watts when idle — so turning off the computer/laptop and printer when not in use can save another \$20 a year.

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Ask A Trooper

By Sgt. Troy Christianson,
Minnesota State Patrol



Question: *I have a medical condition that causes me to lose consciousness on occasion. I am hoping to get a driver's license. Is there anything I need to do?*

Answer: When applying for an instruction permit or driver's license, you will be asked questions about medical conditions. Provid-

ing false information on the application could result in losing your driving privileges.

If you have a medical condition, you may need to provide a statement from a physician indicating whether or not the condition affects your ability to drive safely. If you already have a permit or license and are diagnosed with epilepsy or a condition that could cause loss of consciousness, you must submit a physician's statement within 30 days of the diagnosis. The statement must indicate whether or not the condition interferes with your ability to drive safely.

Send medical statements to:
Driver and Vehicle Services
Driver Evaluation Unit

445 Minnesota Street, Suite 170
St. Paul, Minnesota 55101-5170

For more information, contact the Driver Evaluation Unit at 651-296-2025.

Question: *Every once in a while, I notice some vehicles stop in the road at the railroad tracks when nothing is coming. Can I*



New Goodhue County Mobile Command Unit



The mobile command unit is capable of doing everything that can be done at the main office including taking 911 calls and sounding alarms. It can be separated into sound-proof areas where officers can monitor screens connected to cameras both along the unit's perimeter and on a mast with a 1-mile range.

pass them when they do this?

Answer: Some vehicles, such as passenger vans, buses, and larger trucks, are required to stop at all railroad tracks, whether or not a train is present. Do not pass these vehicles. It is illegal to pass any vehicle within 100 feet of a railroad crossing.

Here are some additional safety tips:

- Yield the right-of-way to trains at highway-rail crossings. It's the law.
- Never drive around lowering gates, it's illegal and deadly.
- Only cross tracks where they are marked with pedestrian crossing markings.
- Never race a train to the crossing, even if it is a tie, you lose.
- Expect a train on the track at any time,

trains do not follow set schedules.

- Look out for the second train when crossing multiple tracks.
- Immediately get out of your vehicle if it stalls on the crossing, get clear of the tracks and call 911.

You can avoid a ticket — and a crash — if you simply buckle up, drive at safe speeds, pay attention and of course, drive sober. Help us drive Minnesota Toward Zero Deaths.

If you have any questions concerning traffic related laws or issues in Minnesota, send your questions to Trp. Troy Christianson — Minnesota State Patrol at 2900 48th Street NW, Rochester MN 55901-5848. or reach him at, Troy.Christianson@state.mn.us.

Time to “Fall” Back

We all turned our clocks back last Sunday, and now many people will find themselves spending more time driving in the dark. This poses extra driving safety challenges because visibility is limited:

There's less time to react to obstacles in the road.

Depth perception, color recognition and peripheral vision can be compromised in the dark, making it more difficult to judge the speeds and distance of other vehicles.

It takes time for eyes to adjust. This can cause the glare of headlights from an oncoming vehicle to temporarily blind a driver.

The National Safety Council offers these tips for driving in the dark:

- Aim your headlights correctly, and make sure they're clean.
- Dim your dashboard.
- Look away from oncoming lights.
- If you wear glasses, make sure they're anti-reflective.
- Clean the windshield to eliminate streaks.
- Slow down to compensate for limited visibility and reduced stopping time.

Fall is a great time of year to remind your friends and family that road hazards can change with the seasons. The Minnesota Network of Employers for Traffic Safety hosted a webinar Fall Tips to Staying Safe on the Road to forward and share with all. Working together, we can drive Minnesota toward zero deaths.



Supporting the Ambitions of Small Towns



Tim Penny
So. MN Initiative Foundation

In a small town—like my hometown Kiester—everyone knows everyone, and most people want to do their part to help their town and neighbors thrive. Motivation and inspiration to improve the community is easy to find, but a lack of funds can often hinder growth. When given the resources, people in small towns swiftly come together, pick up a hammer (so to speak) and enrich their communities. At Southern Minnesota Initiative Foundation (SMIF) we seek to be the key that unlocks equitable development in the small towns of our 20-county region.

One way SMIF unlocks potential is through our Small Town Grant. This program invests in projects that enhance the quality of life in communities under 10,000. Each collaborative initiative aims to create a more welcoming town. I'm excited to share that this year we surpassed \$1 million in investments through this grant since 2017. This summer, SMIF awarded 25 grants totaling \$200,000 and impacting over 20 small communities across the region. I would like to share a few projects recently set in motion by these grants.

Thanks to a Small Town Grant, the Madelia

Community Theatre is expanding into the Madelia Arts Collaborative to better serve their community's diverse needs. The recipients hope the new multi-disciplinary arts hub will enrich the cultural fabric of their community (population 2,396) and engage residents of all ages.

In Caledonia (population 2,847), Main-spring will launch Caledonia's Creative Community Design project, the renovation of their building's lower level into a vibrant, multi-use community space for artists, makers, farmers, cooks, community members and other local entrepreneurs and artists.

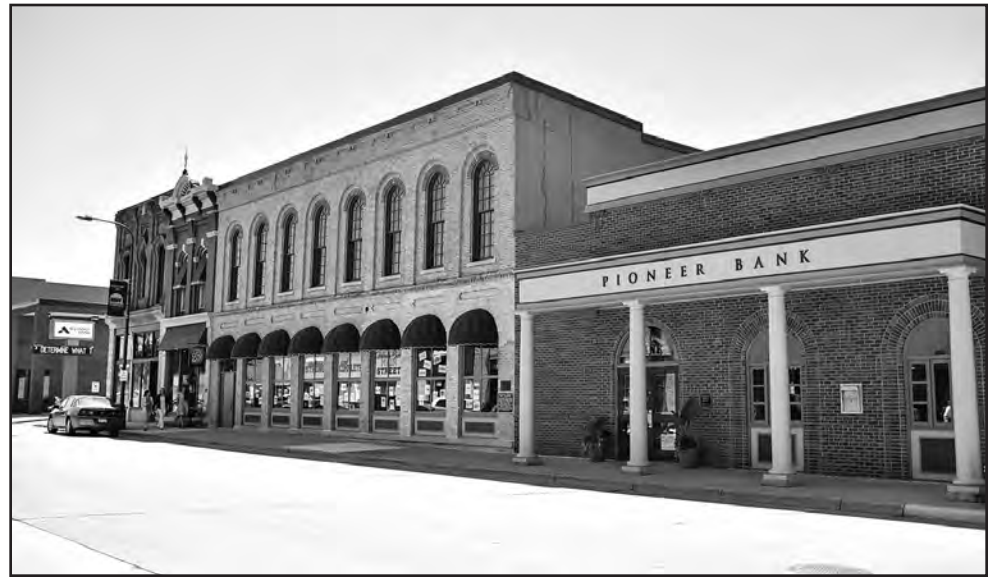
With their grant, the MN Agricultural Interpretive Center will expand Farmamerica's farm-to-fork experiences to diverse age groups and ethnicities within the community of Waseca (population 9,229). They hope the project will foster a sense of belonging and cultural exchange by partnering with local farmers, chefs and organizations like the Hmong American Farmers Association. The hydroponic lab will provide educational opportunities, promoting a different style of agriculture while also producing fresh vegetables for the farm-to-fork events and the community food shelf.

The Small Town Grant will also support an adaptive cycling clinic series in Dundas (population 1,712), a pocket park in Le Roy (population 957), National Ruby-Throated Hummingbird Center exhibits in Henderson (population 960) and many more projects across southern Minnesota.

More information about Small Town Grants and their impact can be found at smifoundation.org/smalltowngrant. We are grateful to Paul Johnson's children, Amy De Jong, Paula Rehder and Scott Johnson, for continuing their father's legacy by supporting this program.

This year, we are also pleased to partner with another family seeking to support small towns. SMIF received a generous gift from Glen Taylor via the Taylor Family Farm Foundation to fund rural capital improvements and child care needs in towns of 10,000 or less. In this pilot year, we were able to invest \$297,600 into the region.

With the aid of these Taylor Grants, the



town of Rushford Village (population 1,860) will rebuild a well-loved merry-go-round at their city hall park. The merry-go-round will be the first accessible amenity in the park for people with disabilities.

The GFW School District in Gibbon (population 784) will use their grant for a resource bus. Educational materials, healthcare services, food assistance, clothing, daily hygiene products and more essential resources will be packed into a bus and delivered to low-income families. The district hopes that putting their current program on wheels will create more accessibility for underserved populations in the area.

This grant program is also supporting a child care start-up in Springfield (population 2,027), a local history museum in Lake Crys-

tal (population 2,539) and an art-filled trail experience called the "Trout Route" in Preston (population 1,322).

New amenities not only brighten a town but swell the pride of residents and afford them new opportunities to grow. We are appreciative for Glen Taylor's discernment in recognizing the impact that capital projects have on small communities.

I am always in awe of the accomplishments of small-town residents when they are provided the resources to realize their ambitions. By investing through small town grants, we are helping to build resilient, vibrant communities.

As always, I welcome your comments and questions. You can reach me at timp@smifoundation.org or 507-455-3215.

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What is the Endowment Fund?

(continued from page 1)

Well, I was approached by the Wanamingo Community Foundation to bring attention to the Wanamingo Endowment Fund, and after hearing what members of the committee had to say, I understand how important it is to "give locally" to projects that will benefit a lot of people in our hometown.

When I am asked to do a story on any given subject, my first go to is to research the material I need to tell you about. I went to a few places in town and asked "What do you know about the Endowment Fund?" and I got mostly blank stares, so this is an important topic! The Wanamingo Community Foundation is made up of a committee of local residents who work with Southern Minnesota Initiative Fund (SMIF) to give tax exempt status to donations for community member led projects.

The Southern Minnesota Initiative began in 1986, and the current Executive Director is Tim Penny. The group was formed to collaborate for regional vitality. SMIF is a non-profit, non-governmental, 501(c)(3) program that helps towns like us by giving tax exempt status to money donated for investment in our community. Under their blanket, the Wanamingo Community Foundation is a pass through for local projects. The principal on the Endowment Fund is never touched. Therefore, the more money that goes into the principal, the more interest is earned for the city. The key initiatives of SMIF are entrepreneurship, early childhood development, and community vitality. In other words, Wanamingo Community Foundation deposits the money from charitable donations with SMIF, and they invest the money to help it grow. What this means to our community is that we are using donations, grants, and endowment fund earnings to pay for community led and supported projects. SMIF also has grant and matching incentives available.

Many of you are aware of local projects like the walking trail, ball field improvements, veteran's memorial, pool improvements, Riverside Park volleyball courts, and the community center; but have you ever wondered how those came about? Wanamingo began their collaboration with SMIF in 1991. Gary Bakko took the helm of a group of eight. He and Patty Prigge are the only remaining members of that group. Gary has decided to step down from the presidency and Patty has assumed the title. Along with the reorganization, it was decided that although project led focus has been successful it was time to emphasize the endowment fund. An endowment fund allows a foundation to continue their great work for generations to come. The donor's gift keeps giving since the principal is invested and the interest earned is used to support the community foundation's mission. Our mission, since 1991, "Today's invest-



ment builds tomorrow's community". In addition to Bakko and Prigge, current board members include: Susie Beulke, Vice President; Michael Boulton, Secretary; Larry VanDeWalker, Treasurer; Laurie Greseth; Connie Anderson; Brent Leininger; Jennifer Ohr; Barney Nesseth; Jason Benson; and Andrea Wallaker. Now, out of this list, I can bet most of you know who most of them are! A big thank you to all 12 who volunteer to make our community a better place to live!

Currently the Wanamingo Community Foundation has almost \$30,000.00 in its endowment fund, which is earning interest as we speak. The Foundation is preparing to add to this principal amount by asking for donations, large or small to be added to this amount. Money can be donated specifically to a project or directly to the endowment fund. One of the current projects is a Pickle Ball Court here in Wanamingo. The Lion's Club and individual donors have already raised \$7,000.00!

The board members are gearing up for Give to the Max Day by printing and mailing 2,000 flyers about their work in our community, in the hopes that people will see what is happening and decide to donate. They are asking anyone who feels called to help with this huge endeavor to show up on Thursday, November 14th, at 6 o'clock or later, in the Community Center to help address and stamp the flyers, and have some fun doing it! Many hands make these kinds of tasks easier! Also, if you know of any alumni, past residents that keep Wanamingo close to their hearts, or any businesses that need a tax deductible donation for the year, please bring their names and contact info to the meeting, and we will be sure they get a flyer.

To learn more about the Southern Minnesota Initiative Fund, go to smifoundation.org. To learn more about the endowment fund and other projects under the Wanamingo Foundation umbrella, go to their website wanamingofoundation.org. If you want to make sure you or someone you know gets the information being sent out, come down to the meeting on November 14th, and they will be there doing the mailings from 6 pm to 10 pm. It takes a community, folks! Hope to see you there!

**CITY OF WANAMINGO
City Council Regular Meeting
Monday, October 14, 2024 7:00 P.M.
Wanamingo City Council Chambers –
401 Main Street
Wanamingo, MN**

CALL TO ORDER: Mayor Holmes.

PRESENT: Council: Eric Dierks, Rebecca Haugen, Ryan Holmes, Jeremiah Flotterud, and Stuart Ohr

City Administrator: Michael Boulton

Deputy Clerk: Karen Masters

ABSENT: None

ALSO PRESENT: Brad Kennedy, Cobus Peens, Brandon Theobald – WHKS, Christine Lundin, Shawn Anderson, Bobby Stewart – Highland Sanitation, Goodhue County Deputy Mike Ayres, Beth Haas – Zumbrotta News Record, and Daren Strobel – Kenyon Leader.

ADOPT AGENDA: Ohr motioned to adopt the agenda, seconded by Haugen. Holmes stated that Jon Whitcomb of Metro East Commercial Real Estate would not be present and has asked that Emerald Valley II Addition items be removed from the agenda. Passed 5-0-0.

CONSENT AGENDA: Dierks motioned, seconded by Flotterud. Passed 5-0-0.

PRESENTERS:

A) Brad Kennedy reported on:

1) Worked with Jason's Sewer Sucking & Excavation to repair water service line on 2nd Street E. The leak was to an old line that fed 2nd Street E houses before the road was extended. The line was capped off, eliminating roughly one hundred feet of old unused line.

2) Clay sanitary sewer lines jetted with cutting head. There was a tree root plug discovered in the line between the Livery Barn and the elevator. The plan is to hire a contractor with a camera and a small jetter/cutting head to see if the line can be opened back up. If there are continued issues the line may need to be dug up and trees planted over the sanitary sewer line removed.

3) Plan to haul out and land apply biosolids from the WWTP when soil tests complete.

4) Flushed all the hydrants throughout town

5) Winterized community garden water tanks

6) Well House prefab building will be set on October 15th. Working with contractor to pour concrete driveway, set backup generator, and pour concrete slab for rails/cart/mile marker.

7) Leaf vacuum has been out getting leaves sucked off the streets

8) Mowed and trimmed along MN TH 60 & MN TH 57 ditch and utility poles. Mowed at the WWTP, community garden, undeveloped lot boulevards, and other various areas around town.

9) Swept streets; the goal is to sweep Main Street weekly, the west side of town one week and the east side of town the next week on Wednesdays.

B) Brandon Theobald – WHKS, reported on:

1) Smoke Testing – a fan pushes pressurized smoke into manholes and comes out sewer venting. No major cross connection issues found.

A. Sanitary sewer equalization pond is impactful on allowing rain water into the sanitary sewer. The intakes on the pond will stay open for now. If plugged the pond will fill with stagnant water. The pond would either

need to be regularly pumped out or the storage material would need to be removed. The pond will be decommissioned when the new sewer plant is constructed, eliminated the rain water from system in the future.

B. There are eleven casting manholes with open pick holes. One of the manholes is in a ditch and could have impactful amount of rain water entering the system.

C. There are six broken service cleanout line covers.

D. There are two manholes that need sealing attention.

E. Would like to have found more issues while smoke testing. A final memo/report will be submitted to the City. City staff plan to follow through with manhole repairs and broken service cleanout lines cover replacements.

Flotterud asked how much rain water that the equalization basin was letting into the sanitary sewer system. Theobald stated that he could calculate the area of the catch basin times roughly thirty-five inches of moisture per year. Theobald stated that he would send staff the numbers to share with the Council. Theobald stated that the equalization basin has a fifteen-inch line that has not been used in decades.

2) The sump pump inspection program is well underway.

A) There are roughly 480 properties with connections. There have been 359 inspections completed. There are an additional 49 properties scheduled for inspection. There are 72 properties that have not scheduled their inspection. 85% of the City has been scheduled for inspection. This is the best response for a sump pump inspection program that WHKS has conducted with the first letter.

B) There have been 327 properties that have passed inspection. There are two properties that require follow-ups by City staff to conduct dye testing. There have been 30 properties that have failed inspection. There are 7 properties with beaver systems into the sanitary. There have been 10 properties with flex hoses. There are 8 properties with sump pumps directly into the sanitary sewer system. There are 5 properties with a sump pit with no pump or piping for pump. Roughly 9% of properties have failed inspection, right in line with other communities' failure rate. The inspector has also come to properties where the homeowner told the inspector that they made corrections to their sump pump system before the inspection was completed. This changed what would have been a failure to a pass.

C) WHKS, City Staff, and City Attorney reviewing the second letter that should be sent out next week.

D) Staff plans to reach out to unique properties that have not scheduled inspections to help shrink remaining list.

Flotterud asked if failures would be mapped to see if certain areas of town had more issues than others. Flotterud said that it would be nice to quantify gallons saved from being treated at the sanitary sewer treatment plant with the program. Dierks asked what happens if the City does not obtain 100% sump pump inspections.

Theobald stated that there will be two to three letters sent to property owners. There will also be a door hanger placed at the property with how to set up inspection.

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Wanamingo City Council Meeting

(continued from page 23)

Theobald stated that after the notification process the Council will approve a list of the remaining properties to place a monthly administrative fee as part of the utility bill.

3) Lead Service Lines

A) The Wanamingo lead service line identification was paid for through a Minnesota Department of Health grant.

B) The program was able to take out new homes since the lead service line ban went into effect.

C) That leaves 75% of the service lines in town as unknown.

D) Lead or galvanized service lines or unknown would be required to be sent a notification letter within 30 days (November 19th).

E) Still working to identify lead or galvanized service lines with the sump pump inspection program.

F) State will be creating a GIS mapping of all service line types that will be updated yearly.

G) There will be future grant funding available through State and EPA to replace lead and galvanized service lines in the future.

Holmes stated that the letters should be held off to be sent until the sump pump inspection program/service line identification program is complete. Theobald stated that the first letter would be confusing to the public stating that your service line is unknown and could be lead. Theobald stated that service lines could be copper, plastic, lead galvanized, or other. Theobald stated that 359 service lines could be removed that have been inspected. Theobald stated that WHKS staff will work with Minnesota Department of Health on specific details of who needs the letters in order to keep confusion to residents to a minimum. Holmes stated that it was too bad that the 30-day letter requirement was in place while the City is still gathering information and preferred to wait.

NEW BUSINESS:

RESOLUTION:

24-059 = Certifying Delinquent Utility Bills and Other Services to the Goodhue County Auditor-Treasurer for the Collection with Real Estate Taxes in 2025: Dierks moved to approve, Seconded by Ohr. Mayor Holmes asked if there were any challenges to the certifications. No challenges were made. Passed 5-0-0.

24-060 = Certifying Mowing Service Charges to the Goodhue County Auditor-Treasurer for the Collection with Real Estate Taxes in 2025: Ohr moved to table, Seconded by Haugen. Mayor Holmes asked if there were any challenges to the certifications. No challenges were made. Passed 5-0-0.

24-061 = Declaring 1999 Ford Ranger Surplus Property and Authorizing the Sale of Surplus Property By Graves Online Auction: Haugen moved to table, Seconded by Ohr. Flotterud asked why Graves Online Auction was picked over Houghton's Auction Services or Oronoco Online Auctions. Holmes stated that Graves has 0% seller fee over \$1,000. Flotterud stated that Houghton's vehicle sales tend to go for more money. Flotterud asked how many miles were on the Ford Ranger. Kennedy thought roughly 85,000 miles. Flotterud asked why not list on Facebook Market Place. Boulton stated that the City sold the old skid loader on Facebook Market Place. Boulton stated that the staff experience was not pleasant and that the City

staff received a large volume of calls, even after the skid loader was sold. Boulton stated that the Ford Ranger sale would gauge how the City will proceed with other surplus equipment such as the dump truck and fire truck. Staff has asked for direction from Council to sell surplus equipment for several months and have requested that Council try the auction method with the Ford Ranger. Passed 5-0-0.

24-062 = Approving Residential and Commercial Solid Waste and Recycling Franchise Agreement with Highland Sanitation: Dierks moved to approve, Seconded by Flotterud. Stewart and staff had discussed changes to the draft agreement. Highland would like to be able to start pickups at 6:00AM, rather than 7:00AM. The disposal fee language was changed to reflect the actual cost of the tipping fee at the Red Wing facility as part of the pass-through cost. The 2025 tipping fee will be \$123/ton compared to the \$130/ton proposal. Stewart stated that the agreement will reflect the reduced price in 2025. Stewart stated that this change will help avoid awkward conversations and requests to increase costs when tipping fees increase at the Red Wing facility. Boulton stated that language was added so that the

City would be provided with tonnage collected numbers to aid with future Request For Proposals in the future. Boulton stated that language was included so that when the contract expired and was not renewed that the hauler would pick up totes and dumpsters at no cost to the City. Stewart stated that Highland has an agreement with Comcast to temporarily store totes and dumpster during the service change. Dierks asked what the color(s) of the totes would be? Stewart stated that the new totes will be burgundy with gray top for garbage and burgundy with yellow tops for recycling. Holmes stated that he is looking forward to a great relationship with Highland Sanitation moving forward. Passed 5-0-0.

24-063 = Approving Pay Request No. 6 to The Joseph Company, Inc. for the Well House Portion of the 2022 Utility Improvements: Ohr moved to approve, Seconded by Haugen. Theobald stated that the pay request is for concrete and electrical work. The total pay estimate is for \$36,625.00. Theobald stated that project completion would be roughly a month. Boulton stated that there is \$448,455.72 left to be paid out to the contractor for work that will be completed on the project. Passed 5-

0-0.

24-064 = Approving Agreement to Add New Member to the Zumbrota Area Ambulance Association: Flotterud moved to approve, Seconded by Ohr. Boulton stated that Mazeppa Township has been serviced by ZAAA for decades, but was overlooked as an official member for voting and paying per capita expenses. Boulton stated that Mazeppa Township has roughly 600 residents. Boulton stated that the ZAAA By-laws require new member approval. The board agreed that there should be a process for each jurisdiction to be made aware of the new member request and vote to make unanimous. Boulton stated that this should be put in place in case requests are made to expand into other jurisdictions where there could be an impact on staff, expenses, and response time. Passed 5-0-0.

Administrator Boulton provided an email request from Goodhue County regarding a potential housing study update. A County-wide housing study was completed in 2019-2020. The cost for the study was \$34,515. The City of Red Wing needs to update their portion of the study and has asked if the County would like to update the 2019-2020 study.

(continued on page 25)

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Wanamingo City Council Meeting

(continued from page 24)

The County is asking Cities whether they wish to look into a housing study update. There would be a cost that could be offset by applying for a Compeer Rural Feasibility Grant for \$5,000.

The Wanamingo City Council discussed the potential update to the County Housing study. There were concerns that the study would not directly assist Wanamingo. Larger communities with apartment buildings and potential new developments would benefit the most. The Council members were luke warm to the idea. The Council members were not closed to the idea and would take part if there is interest from the other communities. The Council agreed to apply for the Compeer grant, if the housing study moves forward.

OLD BUSINESS:

Enforcement Process – Mead Johnson - Reckitt – 300 day written letter toward meeting goal of waste pH – Boulton stated that the City had not yet received a letter from Mead Johnson – Reckitt. Mead Johnson – Reckitt pH of wastewater discharge was within range during most of the month of September, except labor day weekend. The frac tank was installed and incorporated into their process back in March. Mead Johnson – Reckitt goal is to install a new lift station with pH treatment. The project has been funded and is proceeding through the final engineering design phase. Boulton stated that the Wanamingo staff are still monitoring the wastewater discharge from Reckitt-Mead Johnson. The pH levels of the wastewater discharge are being adjusted before being sent to the wastewater treatment plant. Prior to December 2023, results have regularly shown extremely low and at times high pH levels along with the presence of high levels of QAC (Quaternary Ammonium Compounds) have been sent to Reckitt-Mead Johnson. The pH levels should be within 5.0 and 9.5. City Staff have been working with Reckitt-Mead Johnson toward the achieved solution of pH levels within the limits. A September 17th meeting with Reckitt staff and City staff took place. Reckitt has introduced failsafe measures for the tank, including having security staff check the tank on each security round check. The valve now has a lock and the key has to be signed out when opened/closed. Boulton stated that the temporary tank is having a warming structure built for the winter. The permanent system will not be constructed until 2025. The City appreciates the open dialogue and work, to date, from Reckitt-Mead Johnson. The City continues to keep the Minnesota Pollution Control Agency informed during this process, including Carolle Ternus the new Municipal Wastewater Compliance and Enforcement staff member. Boulton stated the Enforcement Process would remain on the monthly agenda until November 2024 (or later), or when the action items are completed. Boulton stated the Reckitt-Mead Johnson would be required to provide written monthly updates to the City Council.

Flotterud asked to discuss the 2020 Ford ¾ ton pickup. The pickup is now four years old. Kelly Bluebook shows a value between \$30,000-\$35,000. The City purchased the truck for \$35,000 in 2020. Flotterud stated that the City should sell the 2020 Ford pickup to get roughly that same amount of money out of what the City paid. Flotterud stated that the City should be buying new trucks and selling old trucks every three years. Flotterud stated

that service on aging trucks is expensive, including new tires. Flotterud stated that staff should price a new ¾ ton truck with potential upgrades that would help for resale value. Boulton stated that prices for the new ½ ton truck increased by roughly 1/3 from 2020 to 2024. Boulton stated that a new ¾ ton truck with potential upgrades could cost over \$60,000. Boulton stated that the Council would need to budget for the additional costs (at least \$25,000 more). Flotterud stated that the Council should review state bid pricing of ¾ ton truck then discuss options to pay for the balance later. Boulton stated that staff would check into 2025 pricing but that it would be wise to identify the balance of cost before moving forward with any purchase.

*Next City Council meeting on 11/18/2024 Boulton stated that a special City Council meeting may need to take place on November 12th or 13th to certify the local election results. Boulton stated that the State requires certification within so many days after the election at that the regular November meeting on the 18th is too far out to meet the requirement. Boulton stated that the City could not host the regular City Council meeting on November 11th due to Veterans Day.

Adjourn: At 8:04 PM a motion to adjourn was made by Ohr and seconded by Haugen. Passed 5-0-0.

Signed: Ryan Holmes, Mayor
Attest: Michael Boulton, City Administrator

Kenyon City Council Meeting October 8, 2024

Pursuant to due call and notice thereof, a City Council Meeting was duly held in the City Council chambers at 7:00 p.m. on the 8th day of October 2024. The meeting was called to order by Mayor Henke.

The following members were present: Mayor Doug Henke, Council Members Mary Bailey, Lee Sjolander (came at 7:19 pm), and Kim Helgeson

Via Teams: Molly Ryan

Absent:

Also present: Interim Administrator Frank Boyles, Administrative Assistant Holli Gudknecht, Finance Director Whitney Kylo, Engineer Derek Olinger, Officer Brian Homeier, Police Chief Jeff Sjoblom, Don Kirchmann, Todd Greseth, Jeff & Ann Traxler, Diane Barrett, Greg & Isaac Mills, Connie & Allan Turner, Kirk Hiner, Mary Kinseth, Dave Vandergon
The meeting opened with the Pledge of Allegiance.

CITIZEN COMMENT

Dave Vandergon, Southeast Minnesota Area Agency on Aging (SEMAAA), presented the advantages of developing needed senior services in our community. SEMAAA is looking for a group of 5-8 people who are interested in researching and helping develop new senior services through the 'Age Friendly Communities' program sponsored by AARP and the State of Minnesota. A start-up committee would be needed before applying for the grants that are available.

ADOPT AGENDA

Motion by Bailey seconded by Helgeson to approve the agenda.

Roll Call Vote: Bailey- Aye, Helgeson – Aye, Henke – Aye, Ryan – Aye Motion carried 4-0-0.

CONSENT AGENDA

Motion by Helgeson seconded by Bailey to

approve the Consent Agenda, which includes payment of check numbers 76463 through 76561; 5127E through 5180E.

Roll Call Vote: Bailey- Aye, Helgeson – Aye, Henke – Aye, Ryan – Aye Motion carried 4-0-0.

PRESENTATIONS/ PUBLIC HEARINGS/ RECOGNITIONS/ PROCLAMATIONS

2025 Street and Utility Improvements Public Hearing

Motion by Helgeson seconded by Bailey to open the public hearing 7:17 pm.

Roll Call Vote: Bailey- Aye, Helgeson – Aye, Henke – Aye, Ryan – Aye Motion carried 4-0-0.

City Engineer Olinger stated that this was a Public Hearing on the proposed 2025 Street and Utility Improvement project. A neighborhood meeting was held on October 2. Five residents attended that meeting. Engineer Olinger presented a scope of the project including the affected project area, proposed conditions, project costs and funding, special assessments, and the proposed schedule for the project.

Kirk Hiner, who has a business at 43 Slee Street, was concerned about the additional taxes and his loading docks being shut down during construction.

Allan Turner, who lives at 626 8th Street, stated that he doesn't foresee people using a sidewalk if it was installed in the south side of his house. He would rather see the sidewalk put on the Red Wing Avenue side of his house.

Motion by Ryan seconded by Bailey to close the public hearing at 7:37 pm.

Roll Call Vote: Bailey- Aye, Helgeson – Aye, Henke – Aye, Ryan – Aye, Sjolander – Aye

Motion carried 5-0-0.

ENGINEERING

2025 Street and Utility Improvements

Engineer Olinger stated that the council needs to consider whether or not to order the improvements based on the hearing comments. Approval would notify the public that the city intends to move forward with the project and authorize the city engineer to complete the final design on the project.

Resolution 2024-24: Ordering Improvement and Prep Plans

Motion by Bailey seconded by Helgeson to adopt Resolution 2024-24.

Roll Call Vote: Bailey- Aye, Helgeson – Aye, Henke – Aye, Ryan – Aye, Sjolander – Aye

Motion carried 5-0-0.

Pearl Creek & Gates Avenue Utility Improvements

Engineer Olinger stated that this pay estimate includes work to restore the yard space around the new lift station. The final completion date of the contract was September 27. There is still a punch list of items requiring attention. BCM has been notified that further delays will result in liquidated damage deductions from the final payment.

Diane Barrett listed several issues that had not yet been addressed by BCM. She was disappointed that the work was not getting done.

Pay Application #9 to BCM Construction
Motion by Bailey second by Helgeson to approve pay request No. 9 to BCM Construction in the amount of \$5,438.75 for work completed through September 27, 2024.

Roll Call Vote: Bailey- Aye, Helgeson – Aye, Henke – Aye, Ryan – Aye, Sjolander –

Aye
Motion carried 5-0-0.

LEGAL

Rezoning Request – Jeffrey and Ann Traxler

Attorney Sathe reviewed the request from Jeffrey and Ann Traxler to rezone a parcel (PID# 66.680.0460) they own from I-1 (General Industrial) to C-2 (General Commercial). The Planning Commission held a public hearing on October 1, 2024, and recommended the rezoning change. There were no public comments at the hearing.

Ordinance 106: Rezoning a Parcel of Land Owned by Jeffrey and Ann Traxler from I-1 (General Industrial) to G-2 (General Commercial)

Motion by Helgeson seconded by Ryan to adopt Ordinance No.106.

Roll Call Vote: Bailey- Aye, Helgeson – Aye, Henke – Aye, Ryan – Aye, Sjolander – Aye

Motion carried 5-0-0.

Resolution 2024-25: Approving Publication of Ordinance 106 by Title and Summary

Motion by Ryan seconded by Helgeson to adopt Resolution 2024-16.

Roll Call Vote: Bailey- Aye, Helgeson – Aye, Henke – Aye, Ryan – Aye, Sjolander – Aye

Motion carried 5-0-0.

OLD BUSINESS

NEW BUSINESS

Resolution 2024-23: Adoption of Election Judges for 2024

Motion by Helgeson seconded by Bailey to adopt Resolution 2024-23: Appointing Election Judges for 2024.

Roll Call Vote: Bailey- Aye, Helgeson – Aye, Henke – Aye, Ryan – Aye, Sjolander – Aye

Motion carried 5-0-0.

Schedule of Upcoming Meetings

KMU Meeting: Tuesday, October 15 @ 4 p.m.

EDA Meeting: Tuesday, October 22 @ 8 a.m.

General Election: Tuesday, November 5 @ 7:00 am – 8:00 pm

City Council Meeting: Tuesday, November 12 @ 7 p.m.

Township Fire Contract Meeting: Tuesday, December 3rd @ 6:00 p.m.

Truth in Taxation Public Meeting: Tuesday, December 3rd @ 6:30 p.m.

COUNCIL AND STAFF

GENERAL COMMENTS

Council Member Helgeson encouraged everyone to come out on Saturday to the Fall Festival in town. Many activities are planned.

Mayor Henke stated that he had asked the KMU commission to loan the city \$2 million to get a housing development started. He had gotten a verbal agreement from all the commissioners. The details still need to be worked out.

Police Chief Sjolander reported that Police Officer Mitch Taylor had accepted a job with the Apple Valley Police Department. His last day will be October 17.

Motion by Bailey seconded by Helgeson to adjourn the meeting at 8:01 pm.

Roll Call Vote: Bailey- Aye, Helgeson – Aye, Henke – Aye, Ryan – Aye, Sjolander – Aye

Motion carried 5-0-0.

Holli Gudknecht, Administrative Assistant Douglas Henke, Mayor



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 11. TrÈs _____, or very stylish
 12. Mandolin's cousin
 13. Knitter's unit
 15. Aren't, colloquially
 16. Mimicked
 17. *Like House with Oval Office
 18. *The Hunchback's home (2 words)
 20. Listening devices
 21. Flirtatious stares
 22. Salt, in Spanish
 23. *_____ State Building
 26. TV shows, e.g.
 30. Will Ferrell's "Funny or _____"
 31. Steve McQueen's "The Great _____" (1963)
 34. Toss a coin
 35. _____ & Young financial services company
 37. Kimono tie
 38. Sweating room
 39. Short skirt
 40. Batter (2 words)
 42. Lake, in French
 43. Anise seed (1 word)
 45. *_____ of Versailles or Buckingham _____
 47. _____ of war
 48. Sinbad the Sailor's home
 50. Not good
 52. *St. Basil's in Moscow or St. Paul's in London
 56. *The Parthenon in Athens is made of this
 57. Capital of Norway
 58. Aeneas' lover
 59. More slippery
 60. Animal protein
 61. Independent chieftain
 62. High degree
 63. TV program interruptions
 64. Retired, abbr.
- DOWN
1. CAT or PET, e.g.
 2. *Key Tower, tallest building in this Buckeye state
 3. Laundry room fire hazard
 4. Type of local tax
 5. Pupa, pl.
 6. Things
 7. Give up a state
 8. Dam-like structure
 9. Not misses
 10. Football's extra point
 12. Soup scoopers
 13. Make a solemn promise
 14. *Burj _____, tallest building in the world
 19. Wading bird
 22. "Monkey _____, monkey do"
 23. Bodily swelling
 24. Rice wine
 25. 1/100th of Finnish markka
 26. Rotisserie skewer
 27. Spurious wing
 28. Cancer-treating machine, acr.
 29. *_____ Needle, Seattle
 32. For boys and girls
 33. Lawyers' org.
 36. *_____ Chapel, Vatican City
 38. Flat replacement
 40. "_____, borrow or steal"
 41. Eventual outcome
 44. Leonhard _____, Swiss mathematician (1707-1783)
 46. Portable stairs
 48. Headquartered
 49. Road-tripping guide
 50. Carve in stone
 51. Emptiness
 52. Vegetative state
 53. Ice crystals
 54. Passage in a coal mine
 55. Voldemort's title
 56. Small amount of drink

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